

## The Paleolithic Eating Support List's Recipe Collection

Recipes are: grain-free, bean-free, potato-free, dairy-free, and sugar-free.

Ingredients used: meat, fish, fruit, vegetables, nuts, and berries.

### Contents:

- [Menus](#)
- [Beverages \(Hot\)](#)
- [Beverages \(Cold\): Fruit and Tomato](#)
- [Beverages \(Cold\): Nut Milks](#)
- [Stocks, Sauces, Gravies, and Arrowroot Tips](#)
- [Condiments: Relishes, Chutneys, and Fruit Butters](#)
- [Condiments: Marinades, and Dry Rubs](#)
- [Soups](#)
- [Eggs](#)
- [Hors d'Oeuvre](#)
- [Salads](#)
- [Salad Dressings and Mayonnaise](#)
- [Fruits: Cold and Cooked](#)
- [Fruit Sauces](#)
- [Vegetables: Greens](#)
- [Vegetables: Other](#)
- [Stuffings](#)
- [Shellfish: Mollusks, Ceviches, and Crustaceans](#)
- [Fish: Baked](#)
- [Fish: Other](#)
- [Chicken: Baked and Crock Pot](#)
- [Chicken: Grilled or Broiled](#)
- [Chicken: Stove Top](#)
- [Game Birds](#)
- [Game](#)
- [Meat: Beef](#)
- [Meat: Beef, Ground](#)

- [Meat: Veal](#)
- [Meat: Lamb](#)
- [Meat: Pork](#)
- [Bread, Pancakes, Cakes and Muffins, Cookies](#)
- [Candies and Confections](#)
- [Pies and Crusts](#)
- [Frozen Desserts](#)
- [Ingredients: Paleo Food Shopping List](#)
- [Ingredients: Converting Non-Paleo Recipes](#)
- [Ingredients: Rendering Fats \(Lard and Schmaltz\)](#)
- [Ingredients: Making Chili Powder and Garam Masala](#)
- [Dried Fruits](#)
- [Dried Meats \(Jerky and Pemmican\)](#)
- [Kent Multer's Pemmican Manifesto](#)
- [Pâté](#)
- [Making Sausage](#)
- [Smoking Foods](#)

## **Equipment:**

- [Kitchen Equipment FAQ for Paleolithic Eaters](#)
- [Cherry Stoners](#)

## **General List Files:**

- [Welcome Message](#)
- [Farewell Message](#)
- [Notes on Searching the Archives](#)
- [Vegetarian Sources of Calcium](#)

## **Proceed to:**

- [Archives of Mailing List Posts](#)
- [Paleolithic Diet link page](#) - See section on Food Vendors!
- [Foraging and Ethnobotany Links](#)

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## Menus

Hans Kylberg

-----  
>Would you mind posting a typical day's meals?

There are no typical days. Every day is new adventure, and the outcome of that days hunting and gathering rules the meals :-)

If there is salmon of the special "guarantee" farmed kind that I prefer then I will have raw salmon for dinner. If there is wild boar side pork I will fry and eat about 1/3 - 1/2 kilo of that. If there is some fruit or veggie fine and cheap, I will have some of that. It is also depending of if it is a workday, a day with a trip into the archipelago, a day in a hurry, or a rainy day together with the computers.

Usually only a glass of spring water for breakfast, sometimes a grapefruit. Today a mixture of fruits and nuts and some elk jerky.

For lunch usually jerky, mostly elk, often with some mixed in green vegetables and spiced with thyme and angelica or similar. Sometimes a jar of sardines together with jerky. Fruit afterwards.

Dinner often some cooked animal food, and when preparing that some broccoli cabbage, carrot or similar. Fruit and nuts afterwards, and as snack.

Before bed a grapefruit.

Also I eat my special jerky as snack. Sometimes I have (again my special) olive oil pemmican instead of the jerky for lunch.

I never cook vegetables apart from onion, and sometimes carrot (only for salmon soup and similar).

The recent days I seem to have a lowered threshold for allergy, so apples and nuts, which I usually eat lots of, but probably am a little allergic to, is lowered on my diet in favor for plums, pears and dates.

Today I am putting a lamb steak in the oven, so that will be both lunch and dinner, unless I eat the salmon soup left over from yesterday.

Probably there will be cabbage with it. Yesterday I picked lingonberries so some of them will go down my throat as well :-)

Richard Keene

-----  
My usual Paleo diet is:

- Lots of red meat, especially beef.
- Bacon and Eggs, with occasional cheese omelets, lots of butter.
- Roast Pork
- A little chicken or turkey
- 1 lb. Salmon once a week cooked on the backyard grill.
- About 7 apples a day

- About 3 pears a day
- One HUGE salad of lettuce (various types), raw broccoli, occasional tomatoes, olive oil.
- A lot of salt on the meats and salad.
- Odds and ends, strawberries if there any good that day, blueberries, radishes, cucumber, melons, onions, garlic.

Richard Keene

-----

two days ago:

Bacon eggs for breakfast

frozen berries

nuts

Pork roast

1.5 lb salmon for dinner

yesterday: Sunday, a lazy at home day so ate a lot...

Bacon, eggs cooked in bacon grease.

Lots of strawberries

2 apples

some walnuts

about 2 pounds of beef

a banana (with a little chocolate syrup on it, a banana split without the dairy)

a HUGE salad. (lettuce, broccoli, celery, olive oil)

a tomato

frozen berries mix. blueberry, strawberries, raspberries.

One little chocolate easter egg.

Ran 3.5 miles, 15 pushups

today: At work so tightly controlled eating.

scrambled eggs for breakfast

lunch: about 3/4 lb. beef

dinner: (planned) A huge salad, beef, nuts, frozen berries

No exercise, rest a lot.

Richard Keene's Daily Diet

-----

Here is my daily diet, more or less, since it varies quite a bit.

Lots and lots and lots and lots and lots of water. I have a Brita water filter at home and at the office.

If doing very low carb, vitamin and mineral capsules.

Bacon and Eggs for breakfast, or skip breakfast if "overweight" that morning. 1/2 package of bacon, 6 eggs. My kids mooch some so I don't always

get to eat it all.

Lunch, either meat (large steak, porkchops, what is available, or a HUGE salad, lettuce, avocado, celery, try to use lots of different kinds of lettuces. Sometimes radishes or other variants. Olive oil, salt on the salad. Sometimes dried onion on the salad.

Dinner, same as lunch but if I had salad for lunch then I eat meat. etc.

Once a day, some berries, frozen unless in season.

Sometimes a fruit like an apple, peach, grapes. These tend to be high carb, so if I'm trying to get weight down I eat less of these. Bananas seem OK at one a week.

Snack on nuts, not too much though.

Some times I eat dates or other dried fruit.

Midnight snack of a few strips of bacon but not too often.

#### Lynnet Bannion's Typical Day

---

Breakfast: around an ounce of nuts: walnuts, hazelnuts, or almonds (raw) or carob goodie (unsweetened carob, pecan meal and coconut oil)

Snacks: raw nuts or dry unsweetened coconut, an ounce or so

Lunch: big green salad, with assorted veggies: a little carrot or tomato, avocado, radish, cucumber, whatever I have on hand. Sometimes no dressing, sometimes a little homemade olive oil and vinegar dressing; about 4 oz. of meat: usually leftover, roast pork or lamb, chicken, turkey, occasionally sardines in olive oil.

Supper: Either another green salad, or some cooked veggie dish: zucchini, broccoli, onion, cooked greens, cauliflower, or other lo-carb vegetable, cooked in olive oil with herbs, maybe tomato. Another 4-5 oz of meat: pork, lamb, occasionally beef, salmon, chicken, turkey; rarely paleo chili. Some nights I have some berries or an apple or pear or a couple of plums.

Pork and lamb are organic from a local farm, also chicken and turkey; veggies mostly organic, as much as I can get. Rarely, not more than once a week, I'll have a couple of eggs.

Eating out, I usually choose beef (obviously, not organic).

It doesn't amount to a lot of calories (1200-1400 usually), but it is quite satisfying to me.

Susan Carmack

-----  
Yesterday I wrote everything down that I ate:

banana  
apple  
pemmican 2 pieces  
asparagus  
one shrimp  
fruitshake - blueberries, banana, orange, egg  
grapefruit  
5 eggs  
2 dates  
apple  
liver - 2 pieces  
raw honey  
banana

Clelia's Daily Meals

-----  
Breakfast:

1 cup of billberry tea  
a large salad with extra virgin olive oil  
1 hard boil egg (2 X a week)  
1 apple

snack

1 cup herbal tea either burdock or licorice

Lunch

1 cup herbal tea  
a large salad with olive oil  
fish (baked or broiled)  
vegetables  
1 apple

Snack

1 cup herbal tea

Supper

1 cup herbal tea  
alternate between NZ lamb or fish or chicken or rabbit  
vegetables  
a large salad  
1 apple

Snack

1 cup of herbal tea

You are probably wondering why I don't eat any nuts with my snacks, the answer is that I don't digest them properly. I also limit my food intake because I was putting on a lot of weight due to my thyroids.

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## **PaleoFood Recipe Collection Contents**

## **Beverages (Hot) (Non-Apple, Apple Based)**

### **Non-Apple Based**

Chai - tea

-----  
In a sauce pan with a tight fitting lid combine the following:

8 cups water  
6-10 quarter sized slices of fresh ginger root  
10-15 cardamom pods, cracked open  
1 teaspoon of fennel seeds  
4 cloves  
1 or 2 pieces of dried orange rind  
8-10 black peppercorns

Bring to a boil. Reduce heat and simmer, covered for at least 20 minutes. Simmer longer for a richer, spicier flavor. This tea can be sweetened with raw honey. You can also add almond milk or coconut milk or add one green tea bag for a stronger tea.

From: Patti Vincent

Simple Chai

-----  
1 1/2 cups water  
1/2 inch cinnamon stick  
4 cardamom pods  
4 cloves

Optional:

1/2 teas fennel or anise seed  
black peppercorn  
1/2 bay leaf  
coconut milk in place of some water

Put the water in a pan. Add the ingredients and bring to a boil. Cover, turn heat to low and simmer for 10 minutes. Strain the tea into cup and serve immediately.

Hot Chocolate

-----  
3/4 cup pure coconut milk  
1/4 cup water (If you use lite coconut milk DO NOT ADD WATER.)  
1/2 tablespoon carob powder  
raw honey to taste (about 1/2 teaspoon)

Combine coconut milk, water and carob powder. Blend with a wire whisk, heat on stove top or microwave. Add honey to taste.

From: Patti Vincent

#### Cranberry Tea

-----  
1 lb. cranberries  
1/2 cup honey  
2-1/2 qt. water  
4 cinnamon sticks  
2 tsp. whole cloves  
1 cup orange juice

In covered saucepan, combine cranberries, honey, and water; simmer until cranberries pop; add cinnamon sticks and cloves; continue to simmer until it smells good. Add orange juice. Strain and keep juice (use pulp in other recipes). 1 Tbsp. lemon juice can be added to tea, if desired. Serve warm.

From: Donna (in CA) . posted in RFC

Adapted by Patti Vincent

#### Alternative Beverage "Coffee Substitute"

-----  
2 cups water  
1 Tbs roasted chicory root  
1 Tbs dried dandelion root (not roasted)  
1/2 tsp cardamon seed (should be out of the husk, but not ground)

Put water in a pan. Add roasted chicory root, dandelion root, and cardamon seed. Simmer gently 10 minutes. Strain and enjoy. I have found this is pretty pleasant to drink. No it doesn't taste exactly like coffee but it is dark and tasty and pretty good for you.

From: Lynnet Bannion on the PaleoFood list

#### Warming Winter Spice Tea

-----  
Decoct:

2 parts roasted dandelion root  
1/2 part cinnamon bark  
1/2 part dried gingerroot  
1/2 part decorticated (hulled) cardamom seeds  
1/2 part star anise  
Raw honey to taste

Slowly heat 4 cups of spring water in a pot. Put the ingredients into a mortar and with a pestle crush the herbs slightly. Or put them in a

blender and turn it on briefly, just enough to release some of the aromas.  
From: "Dandelion Medicine" by Brigitte Mars.

#### The-Weather-Is-Cold-and-I-Have-to-Be-Outside Tea

---

Decoct:

1 part roasted dandelion root  
1 part gingerroot  
1 part cinnamon bark  
1/2 part licorice root  
1/2 part prickly ash bark

Warm yourself with the circulation-supporting herbs in this blend.  
From: "Dandelion Medicine" by Brigitte Mars.

#### Vitamin C-Rich Tea

---

Infuse:

1 part dandelion leaf  
1 part rose hip  
1 part hibiscus flower  
1 part raspberry leaf

These vitamin C-rich herbs are also high in flavonoids, which help improve the body's assimilation of that nutrient.

From: "Dandelion Medicine" by Brigitte Mars.

#### Postsurgery/Recovery Tea

---

Infuse:

1 part dandelion leaf  
1 part nettle leaf

Decoct:

1 part dandelion root  
1/2 part licorice root  
1 part Siberian ginseng root

This is an excellent blend for cleansing drug residue out of the body and building strength and energy.

From: "Dandelion Medicine" by Brigitte Mars.

#### Spiced Green Tea

---

Add to your cup of green tea:

4 to 8 cloves

a dash of cinnamon

t raw honey

dried orange peal pieces (optional)

From: Patti Vincent

Lemon Tea

I enjoy the juice of one whole lemon in a cup of \*very\* (boiling) hot water first thing in the morning. I believe Beverly & Vidal Sasson recommend this in their book for good health.

From: Karen O'Mara in rec.food.cooking

Russian Tea

1 C of green tea

1/4 C orange juice

1 to 2 teas spiced honey

From: Patti Vincent

Sassafras Tea

Wash roots of red sassafras taken in early spring. Boil pieces of the roots. Serve hot or cold. Sweeten if desired. Boiled roots may be reused until strength is gone.

From: Tom Kuhn, Native American archeologist

Sassafras Tea

Sassafras tea tastes amazingly like rootbeer-- in fact I think that sassafras root is the ingredient that "root" beer is made from. I think that old-fashioned sarsaparilla is soda made from sassafras. I bet you could make a tea, then sweeten with honey, and you could use dry ice to make it carbonated. I don't know if the dry ice is Paleo, but it's just adding bubbles. We used to make rootbeer with rootbeer flavoring and water, then put about 1 pound of dry ice in a large container with it and wait a couple of hours for it to get carbonated. I'll have to try it with the sassafras tea.

From: Julie Jarvis. Posted to PaleoFood list.

## Apple Based

### Mulled Cider

-----  
2 quarts apple cider or juice  
1 orange, sliced  
1 lemon, sliced  
2 Tbsp maple syrup or raw honey  
4 sticks cinnamon  
6 whole cloves  
1/4 tsp. nutmeg  
1/4 tsp. powdered ginger

In large saucepan, combine all of the ingredients. Bring mixture to a boil. Reduce the heat to low, and simmer the cider for 30-40 minutes. Strain and serve hot. Serves 16.

From: Diane Abell in 3 Rivers Cookbook III

### Holiday Wassail

-----  
Apricots lend golden color and goodness to this fruity beverage

1 can (16 ounces) apricot halves, undrained  
4 cups unsweetened pineapple juice  
2 cups apple cider  
1 cup orange juice  
18 whole cloves  
6 cinnamon sticks (3-1/2 inches), broken  
Additional cinnamon sticks, optional

In a blender or food processor, blend apricots and liquid until smooth. Pour into a large saucepan. Add pineapple juice, cider and orange juice. Place the cloves and cinnamon sticks in a double thickness of cheesecloth; bring up corners of cloth and tie with a string to form a bag. Add to saucepan. (Or place loose spices in saucepan and strain before serving.) Bring to a boil. Reduce heat; cover and simmer 15-20 minutes. Serve hot in mugs. Garnish with cinnamon sticks if desired. Yield: 2 quarts.

From: <http://cyou.com/~christmas/recipes/beverage.htm>

### Wassail

-----  
LOTS of Apple Cider (Gallons?)  
Perhaps 1/4 proportion of orange juice, or could use orange juice concentrate.  
Same thing with pineapple juice.

Some lemon juice.

Some raw honey (not too much needed)

Cinnamon sticks

Whole Cloves

perhaps other spices like powdered ginger

Bring to a boil until lots of frothy white foam, then simmer for at LEAST an hour (how long depends on if you've used concentrates or not.) It should reduce down to a nice thickness, and make the whole house smell wonderful!

From: Elena-Beth Kay

Wassail

-----

1 qt. apple cider

1 tsp. allspice

1/2 tsp. ground cloves

1/4 tsp. nutmeg

2 cinnamon sticks or 1 tsp. ground cinnamon

1/2 c. orange juice

2 tbsp. lemon juice

1/4 c. raw honey

2 tart apples, thinly sliced

In a 3 quart casserole, place cider, allspice, cloves, nutmeg, cinnamon sticks, orange juice, sugar and apples. Microwave on High (full power) for 15 to 18 minutes, until hot. Strain and serve.

From: <http://www.enviroweb.org/vegweb/>

Wassail

-----

7 c water

1 1/2 c orange juice

1 1/2 c apple cider

1 1/2 c tea

3/4 c lemon juice

3/4 c raw honey (or less)

1/2 tsp each - allspice, ginger

4 cloves

2 large cinnamon sticks

1 can each pineapple, mandarin oranges

Optional:

raspberries or blueberries

Put spices in a tea ball or herb bag. Simmer all ingredients in crock pot about 1 1/2 hrs before serving.

From: Ed in PA

Apple Tea

-----

Just as any tea: boil water, throw dried apple peels in (maybe let it boil together for one minute), then leave it for five minutes, and then drink. Either throw away peel or eat it. You can do like this with any dried fruit/berries or peel.

From: Hans Kylberg on PaleoFood list

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## PaleoFood Recipe Collection Contents

## **Beverages (Cold): (Fruit, Tomato, Horchata)**

### **Fruit**

#### Apple Lemonade

-----  
2 cups unsweetened apple juice  
4 tablespoons pure lemon juice

Combine juices. Chill. Serve over ice. Makes about 2 servings.

From: <http://www.nlcii.com/nutrition/recipe.htm>

#### Banana Drinks

-----  
Puree a banana in some orange juice.

Blend a banana with some water

From: a vegetarian

#### Great Summer Drink

-----  
We got a juice drink at TCBY - orange juice with pineapple and banana (and some ice cubes) blended in. We've been experimenting with it at home. We are using a lot of bananas! But the drink is delicious. We have also used frozen peaches or frozen strawberries in it. It's great just with juice, fruit and ice.

From: psam ordener

#### Canteloupe Smoothie

-----  
I just take half a canteloupe, clean and peel it, and slice it up into chunks. Then put it in a blender, with 4-6 ice cubes and enough water to cover the canteloupe. (If you have a small blender, you can use smaller amounts of everything.) Then blend it on HIGH for about a minute. When it's whipped up, it has a sweet, creamy consistency, which is perfect for anybody who craves drinking milk. I don't, but I love this smoothie.

From: Shawn <75537.1154@compuserve.com>

#### Coconut Milk

-----  
In a blender or food processor, combine 1/2 cup each grated unsweetened coconut and boiling water. Blend until coconut is finely ground. Strain thru a fine sieve or a piece of clean muslin, squeezing to extract all the liquid. Discard coconut. Makes about 1/2 cup.

From: Regional American Classics, California Culinary Academy.

#### Fresh Coconut Milk

I decided to be a bit adventurous on this one. Having read on the can that coconut milk is made from steamed coconut, I figured I could make it fresh. I bought a coconut and after much effort, and several friends making suggestions, I finally got it open. Actually, a hammer and screwdriver works best. Then I took the meat out and boiled it with bottled water. One medium coconut made about 6 cups of milk/broth. I imagine it will work the same.

From: Gaylen

Colleen then put the milk & some ice in a blender and made a frosty shake.

#### Coconut Milk

The way I was taught in the Philippines by my sister in-law was to grate down the coconut, add a little water, allow to stand, place in muslin and then squeeze out the milk. The first squeezing is the superior quality milk adding more water and re-squeezing produces a weaker lower quality milk. Given this production method, the oily coconut solid invariably separate from the water. Filipino cooking actually uses these as two separate ingredients.

If you cook down the solids, it forms coconut oil, brown crispy solids which again get used in Filipino cookery for cakes and candies.

From: Guy C. Reynolds in rec.food.cooking

#### Healing Smoothie

This is a great drink for anyone, especially those with ulcers. This drink has soothing qualities which protect and heal the stomach lining.

1 firm kiwi fruit, peeled  
1/4 cantaloupe, with skin  
1 ripe banana

1. Push kiwi fruit and cantaloupe through the hopper.
2. Place juice and banana in a blender or food processor and blend until smooth.
3. Pour into a tall glass, drink immediately and enjoy!!

By Cherie Calbom, from [www.rawtimes.com](http://www.rawtimes.com)

#### Monkey Shake

-----  
This juicing recipe will act as an aid for indigestion.

1 orange, peeled (leave white pithy part on)

½ papaya peeled

1 banana

Orange twist for garnish

1. Juice orange with papaya.

2. Place juice and banana in to a blender or food processor, and blend until smooth.

3. Garnish with the orange twist. Pour into a tall glass and enjoy!!

By Cherie Calbom, from [www.rawtimes.com](http://www.rawtimes.com)

#### Home-Made Strawberry Lemonade

-----

8 cups water

1 cup fresh-cut strawberries

1 cup frozen strawberries

honey to taste

1 cup lemon juice

2 lemons sliced

In a large container, combine 4 cups of water and the fresh and frozen strawberries. Let soak in the sun for 3-4 hours. In another container, combine the lemon juice, sliced lemons and water. Chill for 3-4 hours to let the lemon juice soak thru. Mix the 2 containers together, and add honey to your taste. Serve chilled over ice.

From: Cooking with the Dead by Elizabeth Zipern

#### Pink Drink

-----

2 quarts spearmint or other tea

1 quart fresh apple cider

1 quart grape juice

juice of 2 lemons

honey to taste

Put in a large punch bowl with thin slices of lemon floating. Good for a large group.

From Ten Talents Cookbook by Frank and Rosalie Hurd.

#### Frosty Punch

-----

1 quart pineapple juice, unsweetened

1 cup fresh or frozen cranberries  
2 sprigs of mint

Whizz in blender until smooth and foamy. Serve immediatley.  
From: Ten Talents Cookbook by Frank and Rosalie Hurd.

#### Strawberry Fruit Drink

-----  
2 cups pineapple juice  
2 cups fresh strawberries  
1 banana, or 1 cup diced mango, or 1 cup diced peaches

Blend together until smooth.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

#### Fruity Summer Cooler

-----  
6-8 ice cubes  
1/2 cup cubed cantalope  
1/2 cup pineapple chunks  
1/2 cup cranberry juice  
1/3 cup sliced banana  
1/4 cup pineapple juice  
1 tablespoon honey  
3/4 tsp lemon juice

Blend until smooth.

From: JoAnn

#### Slushy Drink

-----  
We put any type of fruit along with some fruit juice, and a few cups of ice, into the blender. Blend until it's smooth. Add some water if it's too thick, blend little more and you've got a slushy. You can use your imagination as to what to put into it.

#### Basic Fruit Smoothie

-----  
1 cup apple juice, unsweetened  
1 peeled frozen banana  
1/2 cup of frozen favorite fruit (strawberries, melons, blueberries, peaches)

Apple juice into blender, add banana cut into chunks. Blend until creamy. Add second fruit of choice, and blend again.

From: "Cooking Healthy with One Foot out the Door"

#### Another Smoothie

-----  
1 cup pineapple juice  
1 peeled frozen banana  
1/2 cup frozen strawberries  
2 pitted dates

Blend smooth in blender.

From: "Cooking Healthy with One Foot out the Door"

#### Breakfast Smoothie/Dessert

-----  
I start by making a few days worth of juice. I usually do this in the evenings. I do not really believe that a lot of pure juice is very compatible with a paleo diet since I do not see how H/Gs would have had the juice without the fruit. Therefore, I buy whole frozen berries and sometimes frozen pineapple or mango and fill my blender with it. Berries are relatively low in carbs for those of you watching your carb intake.

Next, you add enough apple juice to cover the fruit. I use flash pasteurized apple juice from Trader Joes. Ideally you would make your own with a juicer but be sure to at least get unfiltered.

Blend until smooth. I have a KitchenAid blender which is pretty good. Some cheaper blenders will not be up to the task.

At this point you can just enjoy the juice as is. In fact, if you add less juice, you can make a pretty thick frozen dessert.

For breakfast, however, I like to get a bit more protein. I got a Hamilton-Beach DrinkMaster about 10 years ago for making ice cream shakes. Having quit sugar, it has gotten no use for years. Well, I discovered that if I put one egg in the cup and add about 8-10 ounces of juice and blend for about 30-seconds, I get a very light, tasty smoothie. My breakfast takes me about 2 minutes to prepare and, if I am in a hurry, I can drink it in the car on my way to work. Sometimes I use 12 ounces of juice and 2 eggs.

The only real worry is the possibility of getting salmonella from the raw eggs. The consensus on this list appears to be that, while it is possible for the salmonella to be inside the eggs, it is more likely to just be on the shell. So it is probably a good idea to dip your eggs in boiling water for a couple of seconds when you get them home. This is also a great way to make them last longer. In fact, in my backpacking days, I learned that you

can keep eggs unrefrigerated for days after sealing the egg with this little trick.

From: Scott Maxwell

## Tomato Based

### Tomato Sauce/Juice

-----

Since many classic recipes call for tomato juice or tomato sauce, it's good to know that you can make your own rather than rely on the canned varieties that contain additives. To make tomato juice, simply puree tomatoes in a blender, add lemon juice and salt. Strain the mixture for juice and retain the pulp and a little juice to use in recipes calling for tomato juice.

From: Natural Foods Cookbook by Maxine Atwater

## Horchata

### Real Horchata

-----

REAL horchata is obtained by crushing 'chufas', leaving them in water and sugar for about 24 hours and straining the mixture.

Chufas, cyperaceae cyperus esculentus as they go by their scientific name, are a chick-pea sized tuberous roots of a sedge-like African plant, with a brown skin and white flesh that I have never seen in any other places than in Spanish or Mexican markets.

Rice or almond horchatas are only variants, and not even half as good as the horchata de chufas.

From: Mathieu Wehrung in rec.food.cooking

### Horchata

-----

1 lb of Chufas

1 qt Water

Raw Honey to taste

Pinch of Cinnamon

Grated rind from 1/2 lemon

Clean the chufas and soak them in the 1 quart of water for 10 hours to soften. Mash them in the water with a blender or by hand three times to release all the juice. Filter the mixture through a fine collander and

throw away the residue. Add the sugar, cinnamon and lemon rind to the liquid. Let the liquid rest overnight in the refrigerator.

I know the recipe is a little vague, but it gives you an idea how it's made. Personally, I soak the lemon rind with the chufas so that it will be filtered along with residue, that produces a cleaner milky texture.

From: calles@earthlink.in: rec.food.cooking,alt.creative-cook

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## **PaleoFood Recipe Collection Contents**

## Nut Milks

### Nut Milk

-----  
1 cup Nuts  
2 cups Water  
1 Banana  
1/2 tablespoon raw honey

Liquify in blender

Adapted from: [www.rawtimes.com](http://www.rawtimes.com)

### Almond Milk

-----  
1 Part Almonds  
4 Parts water

Blend. To activate almonds, soak overnight, pour off water, follow recipe above. For a delicious smoothie add: frozen fruit or pure maple syrup. Courtesy of RAW Restaurant, San Francisco, from [www.rawtimes.com](http://www.rawtimes.com)

### Nut Milk

-----  
A milk made from raw nuts can often be used in place of dairy milk. To make a nut milk, liquefy one cup of blanched almonds with 4 cups of water in a blender. Add 2 Tablespoons raw honey or pitted dates for sweetness; decrease water for creamier milk.

From: Natural Foods Cookbook by Maxine Atwater

### Almond Milk

-----  
Start with whole almonds and soak them overnight in water. Next day, blanch the almonds (dip in boiling water) and remove the skins (they come right off). Puree in blender with water and maybe some sweetener and vanilla if you like. Filter out the grit and you have almond milk. Easy!  
From: Malcolm J. Sickels via <rec.food.veg.cooking>

Alternate:

I don't bother blanching the almonds after soaking overnight. I just put them right into the blender with water and 1/2 a banana. Delishes! More almonds and banana = thicker milk.

From: [Rona@rona.com](mailto:Rona@rona.com) ("Rona H. Halpern, Ph.D.")

Almond Milk (candida directory and cook book)

-----  
This delicately flavored milk is a great addition to many foods. It brings competing flavors into a state of detente. Made thickly, it can be used as a spread or thickener for soup. The ratio of almonds to water varies in our recipe to allow you to choose between a spread or milk-like consistency.

1 cup of almonds, freshly roasted  
2 1/4 to 4 cups water.

Place the almonds and water (2 1/4 cups for topping or spread, 4 cups for drinking) in a tightly closed jar and store in the refrigerator for 1 to 2 days at the most. Pour into a blender and blend until the mixture is smooth. To use it as a drink, strain first. The remaining almond paste is delicious and can be tossed on cereal, vegetables or rice.

From: Kate Sholl via the Yeast-L List

#### Almond Milk

-----  
Blend 1/2 cup almonds with skins removed with 1 cup water. Blend for a couple of minutes, strain through cheese cloth and sweeten to taste with maple syrup.

From: a vegetarian

#### Almond Milk

-----  
No, don't boil it! Just put about 1/2 cup of almonds in a blender and grind them up. Add about 3 cups of water, blend for about 2 minutes. (It will be very white and creamy.) Then strain it and refrigerate. It tastes better if you also add about a tablespoon of maple syrup.

From: smb@eznets.canton.oh.us (Steve) via sci.med.nutrition

#### Nut Milk

-----  
This can be used to replace milk in recipes that taste odd when made with commercial soy or rice milks. I use this for custards and puddings, since soy milk can take on a nutty taste when used in these. It is fine to drink, also. The fat content depends upon the type and quantity of nuts used. More nuts in proportion to water gives a richer milk. This is somewhere between whole milk and half-and-half in richness.

1 cup + approx. two tabls. almonds (blanched\*)  
----- use less for a less rich milk (1/2 cup = skim milk?)  
2 1/2 cups water

Put nuts and water in a blender. Blend approximately 2 minutes

(more or less, depends on your blender. The nuts should be pulverized.) Strain the resulting stuff to remove the nut chunks. (I use a mesh coffee filter [ex. Melitta gold filter] and a rubber spatula to force the liquid through. Paper coffee filters are too fine, and kitchen seives are too coarse.) This makes 2 cups, approximately.

\*blanching the almonds (dipping in hot water for 30 seconds then removing the brown skins) results in a much prettier milk. The little brown flecks don't filter out so well.

Yield: 2 cups

From: the Allergy and Asthma FAQ

<http://www.cs.unc.edu/~kupstas/FAQ.html>

### Worry Free Milk

---

I got tired of worrying what milk has gluten or casein in it so here's a solution I got from The Yeast Connection Cookbook. I make nut milk--you can rotate the nuts and, therefore, rotate the type of milk you use everyday. I use it for baking, shakes and cereal, but I don't know if it would be good to drink on its own. Oh, and it's much cheaper than buying other types of milk.

Here's a basic recipe. Take 1/2 cups of nuts. Blend them to a fine meal. Add two cups of water (optional 1 teaspoon of liquid sweetener...pure maple syrup, raw honey, etc). Blend. Strain through a fine mesh strainer.

From: Tammy Glaser via <bit.listserv.autism>

### Nut Milk

---

Put 1/2 cup raw pecans, almonds, walnuts, Brazil nuts, etc., into a blender container. Process until ground. Add 1/2 cup water and process at low speed for a few seconds, then turn blender to high. Blend for a couple of minutes, then add 1 1/2 cups water. Blend well.

If milk is grainy (almonds and some other nuts and seeds are, but none on the above list), strain through a few layers of cheesecloth. Use the pulp in your next batch of bread.

Store in the refrigerator.

From: Marilyn Gioannini, Author of "The Complete Food Allergy Cookbook"

### Almond Milk

---

You need:

a simple blender or Vita-Mix  
one medium-size fine strainer  
cheesecloth to line the strainer (optional)  
a large bowl  
a pitcher with lid, for storage

Blanch almonds by placing them in 1 cup boiling water. Allow them to stand until the water has cooled slightly, and then peel off skins, or prepare milk with unblanched almonds. (Milk from blanched almonds will be slightly whiter in color and smoother in consistency with no difference in flavor.) Dry almonds well.

1/2 cup shelled raw almonds  
1/2 tablespoon pure maple syrup (optional)  
2 cups water

1. Place almonds in blender and grind to a fine powder. Add sweetener and 1 cup water. Blend again for 1 to 2 minutes to form a smooth cream.
2. With blender running on high, add remaining cup of water slowly through opening of blender lid. Blend 2 minutes.
3. Place the strainer over a large bowl; to ensure a smooth milk, line the strainer with cheesecloth. (If you do not have cheesecloth, you can simply strain your milk twice, using an even finer strainer the second time.)
4. Pour almond milk slowly into strainer and allow to filter through. Add liquid to strainer in increments and just let it drain naturally, or stir the milk in the strainer with a spoon to encourage it to pass through more rapidly.
5. When all the milk has passed through the strainer, there will be approximately 1/2 cup of almond fiber accumulated. If you have used a cheesecloth liner, you can pull the edges together and gently squeeze the remaining milk out of the fiber, or use a spoon to gently press the remaining milk through the strainer. (The fiber can be stored in the refrigerator for a few days and used as a moisturizing body scrub when you shower.)

Makes about 2 cups.

Note: The amount can be doubled if you need a quart of Almond Milk. Almond Milk will keep in the refrigerator for 4 or 5 days. Store it in a jar or pitcher with an airtight lid.

#### Other Nut and Seed Milks

Using the same equipment, ratio of ingredients, and procedure, you can make wonderful milks from sesame seeds, sunflower seeds, or cashews.

From: The American Vegetarian Cookbook by Marilyn Diamond.

Via: Cathy Flick on Yeast-L list

#### Pure and Sweet Almond Milk

---

1/3 c. organic raw almonds

1 Tbs. raw honey

3- 3 1/4 c warm water

1. In a one- to two- quart saucepan, heat approximately four cups of pure water to desired temperature. Turn stove off and allow to sit while you prepare the other ingredients.

2. Place approximately one fourth to one third cup of nuts in the grinder. Cover to activate grinding blades. Press and release a few times to grind the nut mixture, which should resemble a fine powder within about fifteen to twenty seconds. Transfer the ground mixture to a blender.

3. To your blender add a sweetener of your choice. Then add one half to three fourths cup of the warm or hot water (from your stove top) and blend on medium speed to a smooth, pudding like puree. Add the remaining water suggested in the recipe and re-blend on high speed until creamy.

Use approximately three cups of water per recipe for extra creamy nut milks, and use as much as one half to three fourths cup more for a thinner version. Amounts are suggested in the recipes; you may choose to vary them, as well as the water temperature.

4. Pour the contents of the blender through a fine mesh strainer into a bowl or pitcher. Use a spoon to stir the milk while you pour, since it will be slightly too rich to flow through the strainer without a bit of mashing. (Food fibers strained from drinks may be used in baked goods recipes)

Serve immediately or bottle and refrigerate for up to seventy-two hours.

From "Not Milk...Nut Milks!" Candia Lea Cole via Piper on LOWCARB-LIST

Basic recipe for nut milk

-----  
1/2 cup chopped nuts (almonds or other nut is your choice, unroasted)

2 cups water, best if warm

1 tsp. raw honey or pure maple syrup

Blend nuts and all other ingredients in a blender until smooth. Strain mix and refrigerate for up to 3 days. You can use the strained material as a thickener for a soup or stew as long as its not too sweet. It is a shame to throw it out so find a way to use it.

If you are on a rotation diet you can vary the cooking liquid that you use by the day by using different nuts. I use nut milk for cooking and baking.

## PaleoFood Recipe Collection Contents

## Stock, Sauces, Gravies, and Arrowroot Tips

### Stock

#### Basic Stock - Prudhomme

##### -----BASIC-----

2 qt Cold water  
1 ea Med. onion, (see note)  
1 ea Large clove garlic (note)  
1 x Bones, excess meat (notes)

##### ----FOWL AND GAME STOCKS----

1 1/2 lb Backs, necks, bones (notes)

##### ----BEEF OR TURTLE STOCK----

2 lb Beef shank (see notes)

##### -----PORK STOCK-----

2 lb Pork neck bones (see notes)

##### -----SEAFOOD STOCK-----

2 lb Rinsed shrimp heads (notes)

Notes: To the basic stock, you can also add vegetable trimmings from the recipe(s) you are serving, in place of the onion, garlic and celery. The recipe calls for the onion and garlic to be unpeeled and quartered. Also, you may include bones and any excess meat (excluding livers) from meat or poultry, or shells or carcasses from seafood, used in the recipe(s) you're cooking, or

#### FOR FOWL AND GAME STOCKS:

1 1/2 to 2 pounds backs, necks and/or bones from chickens, guinea hens, ducks, geese, rabbits, etc.

#### FOR BEEF OR TURTLE STOCKS:

1-1/2 to 2 pounds beef shank (preferred) or other beef or turtle bones.

#### FOR PORK STOCK:

1-1/2 to 2 pounds pork neck bones (preferred) or other pork bones.

#### FOR SEAFOOD STOCK:

1-1/2 to 2 pounds rinsed shrimp heads and/or shells, or crawfish heads and/or shells, or crab shells (2-1/2 to 3 quarts), or rinsed

fish carcasses (heads and gills removed), or any combination of these. (you can also substitute oyster liquor for all or part of seafood stock called for in a recipe).

NOTE:

If desired, you can first roast meat bones and vegetables at 350F until thoroughly browned. Then use them to make your basic stock. (When you brown the bones and vegetables, the natural sugar in both caramelizes on the surface, which gives the stock a fuller taste and adds color when it dissolves in the stock water.) Always start with cold water--enough to cover the other stock ingredients. Place all ingredients in a stock pot or a large saucepan. Bring to a boil over high heat, then gently simmer at least 4 hours, preferably 8 (unless directed otherwise in a recipe), replenishing the water as needed to keep about 1 quart of liquid in the pan. The pot may be uncovered, or set the lid on it askew. Strain, cool and refrigerate until ready to use.

(Note: Remember if you are short on time, using a stock simmered 20 to 30 minutes is far better than using just water in any recipe..)

TO MAKE A RICH STOCK:

Strain the basic stock, then continue simmering until evaporation reduces the liquid by half or more. For example, if your recipe calls for 1 cup "Rich Stock," start it with at least 2 cups of strained basic stock. (Rich stocks are needed when a sauce requires lots of taste but only a limited amount of liquid, for example, "Oyster Sauce for Beef."

From: The Prudhomme Family Cookbook

Posted by Fred Towner to rec.food.recipes

**See sub-page for [More Stock Recipes](#)**

## Sauces

### Jerk Sauce

-----

2 ounces whole Jamaican Allspice, crushed

1/4 tsp freshly grated nutmeg

1 tsp ground cinnamon

12 scallions, cleaned and chopped

6 Habenero peppers or 12 Jalapenos, halved with the seeds

1/3 cup lime juice  
4 TBL olive oil  
1 tsp salt  
1 tsp freshly ground black pepper (or more)  
some rum to taste

Crush the allspice in a mortar and pestle or a coffee grinder or pepper grinder. Leave it fairly coarse in good sized chunks. Combine all the ingredients in a blender or food processor. Process until liquified and well blended. Pour it in a jar (glass only--it eats plastic) and refrigerate until you are ready to use it.

[Notes from the friend who gave me the recipe:]

This makes about a cup and it's pretty thick. I leave it like that and then add more oil to marinate the meat when I'm ready. Roughly 2 good, rounded teaspoons of this, blended with oil to thin it out, will suffice to marinate 2 full chicken breasts (4 pieces) to a very hot level. It doesn't need to marinate all that long either, half hour to an hour is plenty, so it makes an easy quick dinner. It goes a long way and keeps very well in the refrigerator. If you don't want to make this much, it's easy to just cut the recipe in half or so.

Adapted from Island Cooking: Recipes from the Caribbean by Dunstan A. Harris. c. 1988, from The Crossing Press, Freedom CA 95019.

#### Pizzaiola Sauce

---

1 1/2 to 2 pounds ripe tomatoes, peeled, seeded and chopped  
1/4 cup olive oil  
2 garlic cloves, minced  
pepper, to taste  
1 tsp dried oregano  
1/4 cup minced parsley

Heat oil in a heavy pan. Add all the other ingredients. Cook over high heat, stirring all the time, for about 5 to 7 minutes, or until the tomatoes are just soft and hot. Serve with steaks.

From: Nika Hazelton's Way with Vegetables

#### Basque Tomato Sauce

---

1/4 cup olive oil  
8 cloves garlic, peeled and crushed  
2 cups peeled and diced yellow onions  
1 1/2 cups cored, seeded and diced green bell peppers  
3 cups very ripe tomatoes, diced  
1 4 oz can whole green chiles, Mexican style, pureed

1/4 cup chopped parsley

5 cups beef stock

pepper to taste

In a 6 quart saucepan sauté the garlic, onion and green pepper in the oil until tender. Add the tomatoes, pureed chiles, and parsley and simmer until very tender. Add Beef Stock. Cover and simmer 1 hour. Uncover and simmer 1 hour more to reduce and thicken the sauce. Stir occasionally, pepper to taste.

From: The Frugal Gourmet Jeff Smith

Deep Fry Batter

-----  
1 can coconut milk

2 eggs

2-3 T arrowroot

Application of coconut oil is for deep-frying banana fritters, where the batter is made from a can of coconut milk, two free range eggs and two or three tablespoons of arrowroot flour.

(here's mine) Dip meat, veggies (or I suppose fruit) in egg. Then coat in arrowroot and fry in olive oil.

From: Richard Archer

## Gravies

Meat Gravy

-----

1 cup meat drippings or broth

1 cup nutmilk

1 T plus 1 t arrowroot

Add arrowroot to nutmilk and stir well. Add to dripping and cook on low stirring constantly until gravy is thickened.

From: Patti Vincent

## Arrowroot Usage Tips

ARROWROOT

Flavour and Colour

Snow white. Flavourless.

Breading

Browns quickly and well. Produces golden crispy coating.

Thickening

Excellent. Substitute for equal amount of cornstarch. Leftovers may need to be rethickened.

Baking

Substitute for 25-50% total flour. Will lighten baked goods.

Comments

Silky powder, much like cornstarch. Store tightly in sealed jar and refrigerate.

From: "The Allergy Self-Help Cook Book" by Marjorie Hurt Jones R.N.

=====

Newsgroup: rec.food.cooking

Subject: arrowroot

From: Len S

Date: 27 Nov 95 03:59:07 -0500

In his book "Minimax Cookbook", Kerr says that both arrowroot and cornstarch are pure starches. He prefers them to flour for thickening liquids.

He recommends arrowroot for dark hot sauces because of its clarity and its lack of taste that might mask the food flavor. Arrowroot is good, too, he says, for giving pasta a glaze when he wants the pasta to have the look of oil on it.

Arrowroot, however, has a drawback in that when it cools, especially in contact with dairy foods, it develops an unusually slippery feel.

Another difference, according to Kerr, is that cornstarch requires thirty seconds at the boil to remove its starchy taste, while arrowroot clears in very hot liquid without the need to boil it.

=====

Newsgroup: rec.food.cooking

Subject: Re: arrowroot, what is it?

From: p008383b@pbffreenet.seflin.lib.fl.us (Edward Conroy)

Date: 24 Jun 1996 13:19:32 GMT

While the purposes are the same, there are some differences between the the finished product when using arrowroot v cornstarch.

Arrowroot slurries and cornstarch slurries are both used to thicken

sauces and gravies. They both yield a clear, glossy sauce which gives a "mouth feel" and appearance similar to a sauce containing quantities of butter.

They both require much less time than a flour-thickened sauce. They are both used as slurries, stirred into the hot liquid \*off heat!\*. The arrowroot slurry is merely stirred into the liquid for 30 seconds to a minute and it's ready.

----

Arrowroot thickened sauces, on the other hand, freeze well in such preparations as chicken pies, and do not re-hydrate (the word just popped out of my sub-conscious) when the pies are reheated. I have also used it for thickening chicken ala king, which I have then frozen and re-heated without any problems.

---

## **PaleoFood Recipe Collection Contents**

## **Condiments: Relishes, Chutneys, and Fruit Butters**

### **Relishes**

#### Raw Apple Relish

-----  
3 tart apples  
1 green pepper  
1 sweet red pepper  
1 onion  
2 stalks celery and tops  
3 T. honey  
3 T. lemon juice  
lemon rind

Grind all ingredients together. Serve with cold meat, fowl, or fish. Makes 1 pint.

From: The Natural Foods Cookbook.

#### Cooked Cranberry-Apple Relish

-----  
1 lb. cranberries  
1 c. sweet cider  
2 tart apples with skins, sliced  
1 c. honey  
lemon rind, grated  
pinch of mace, ground

Simmer gently cranberries, cider, and apples until fruit is soft. Add honey, rind, and mace. Simmer for 5 minutes. Cool. Serve with meat, fowl, or fish. Makes 2 pints.

From: The Natural Foods Cookbook.

#### Raw Cranberry Relish

-----  
2 c. cranberries  
1/2 c. sweet cider  
4 T. honey  
1/4 tsp. allspice, ground  
pinch of cloves, ground

Variations:

Add: 1 apple with skin, quartered and cored  
1 c. fresh diced pineapple  
1/2 c. diced celery or cucumber  
1/2 c. chopped raisins  
1/2 c. chopped nuts

Grind all ingredients together. Makes 1 1/2 pints.

From: The Natural Foods Cookbook.

### Cranberry Fruit Relish

-----  
1 package cranberries, washed  
4-5 unpeeled apples, grated  
1/4 cup raw honey, or to taste  
2 small oranges (use part skin)

Run cranberries thru fine food chopper with oranges. Or process in blender until finely chopped. Combine with grated apples, add honey to taste, chill to blend flavors. Can add a few chopped pecans or grated coconut, if desired.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

### Cranberry Relish for Thanksgiving

-----  
1 bag of fresh cranberries  
1-2 navel oranges (Peel & removed white)  
1-2 apples  
nut if desired (I used pecans)  
sweeten to taste (I use raw honey)

Chop cranberries & orange in food processor. Use as much orange as needed to keep cranberries moving so that they are finely chopped. Place in a bowl. Then chop apples in food processor. Add to cranberries. Chop nuts if desired and add to cranberries. Mix well and sweeten to taste. The oranges also create the juice in the salad. So adjust the amount of oranges based on how juicy (wet) you want your salad.

From: Patricia Cook at <http://www.rawtimes.com/>

## Chutneys

----- Recipe

Title: Lime Chutney (Nimboo Chatni)

Categories: preserving, chutney

Yield: 1 1/4 liter

12 limes; halved  
1 md onion; peeled, quartered  
4 hot green chile peppers

1 in ginger root  
4 oz seedless raisins  
7 green cardamom pods  
1 tb black peppercorns  
1 tb coriander seeds  
1 tb mustard seeds  
4 dried red chile peppers  
1 1/2 cup pineapple juice  
3 tb coarse salt  
1/4 c honey

Juice the limes. Discard 6 lime halves. In a food processor, combine remaining 18 lime halves, green chile peppers, ginger and raisins. Chop finely. Place mixture in a non-metal bowl. Open cardamom pods. In a heavy skillet toast peppercorns, cardamom seeds, mustard and coriander seeds and the dried red chilis for about 3 minutes, stirring constantly. Let cool spices on a dry plate, then grind finely. Add spices, lime juice, honey and pineapple juice to the chopped fruit mixture. Stir thoroughly, cover and let steep at room temperature for two days. On the third day pour mixture into an enameled pot (no stainless steel!), add salt and bring to a boil slowly. Simmer, uncovered, for 30 minutes. Fill into prepared clean jars. Close jars with a tight fitting lid. Store in a cool place.

The chutney should rest for at least 2 weeks (4 weeks recommended) before opening. Keep open jars in the refrigerator.

Contributor: phildeb@ibm.net

Translated from the German edition of "Classic Indian Vegetarian and Grain Cooking" by Julie Sahni. Any errors on my account.

Posted to rec.food.recipes by Petra Hildebrandt from Hamburg, Germany  
Adapted by Patti Vincent

-----

#### Fresh Coconut and Mint Chutney

-----

Makes about 1 3/4 cups, will keep covered and refrigerated for a couple of days.

1-2 hot jalapeno chilies, seeded and chopped  
1/2 inch scrapped fresh ginger root sliced  
10 whole almonds, blanched  
1/3 cup water  
2 tablespoons lime or lemon juice  
1 tablespoon chopped dried fruit soaked in boiling water for 5-10 minutes and drained (papaya, or mango would probably work well)  
1/3 cup trimmed fresh mint, lightly packed  
1 cup grated FRESH coconut, lightly packed.

Use a food processor fitted with a metal blade or a blender. With the machine running, drop in the chilies and ginger and process until minced. Add nuts, pulse four or five times until ground. Add the water, juice, dried fruit and mint, and process until smooth. Stop the machine, add the coconut, and continue to process until the chutney is creamy and smooth. To accompany dishes it should be fairly thick as a dipping sauce it can be thinner, use coconut milk. Serve at room temperature or chilled.

From Willow

### Fresh Coriander Chutney

---

makes 1 cup, will keep refrigerated for 2-3 days.

1 tsp cumin seeds  
3 tablespoons sesame seeds  
1/4 cup FRESHLY grated coconut or 1/4 cup chopped almonds  
1 cup trimmed fresh coriander, slightly packed  
1-2 hot jalapenos seeded and chopped  
1.2 inch scapped fresh ginger root, chopped  
2 tablespoons water  
1/4 cup refrigerated coconut milk (optional)  
1 tablespoon chopped dates or rehydrated raisins

Combine the cumin seeds, sesame seeds and coconuts or nuts in a heavy frying pan and place over low heat. Dry-roasting, stirring frequently, until the coconut or nuts darken a few shades.

Combine the coconut mixture and the remaining ingredients in a food processor fitted with the metal blade, or a blender, and process until smooth. The texture should resemble runny apple-sauce. Transfer to a bowl and serve or cover and refrigerate.

From Willow

### Creamy Almond (or hazelnut) Chutney

---

1 cup raw almonds  
1/4 tsp lemon juice  
1/2 inch piece of fresh ginger, peeled and sliced  
1-2 jalapenos seeded, chopped  
up to 1/3 cup of water  
2 tablespoons chopped fresh coriander (cilantro)

Combine everything but the coriander in a blender or food processor, blend until smooth, adding more water if necessary to produce a loose puree. Transfer to a bowl and add the coriander, well covered, will keep for three days in refrigerator. This chutney thickens as it sits. Thin it out with water to the desired consistency.

From Willow

### Shredded mango and coconut chutney

---

2 medium firm unripe mangoes

1/4 cup dried or fresh coconut ribbons

1 tablespoon diced dried fruit, such as papaya or apricot

1 tablespoon each orange and lime juice

1/8 tsp cayenne or paprika or a mix (depending on the heat you want)

1-2 jalapenos seeded and slivered

2 tablespoons sesame or coconut oil

1 tsp black mustard seeds

2 tablespoons finely chopped fresh cilantro

Peel the mangoes and coarsely shred the fruit. Discard the seed. Combine the mango with the coconut, dried fruit, juices, cayenne or paprika and green chilies in serving bowl, gently toss, cover and marinate for 1/2 hour. It can be refrigerated for up to 6 hours before serving. Heat the oil in a small pan over moderate heat until hot but not smoking. Drop in the mustard seeds and fry until they turn grey and sputter. Keep a lid handy to catch flying seeds. Pour the seeds into the salad, add the fresh coriander, toss to mix and serve.

From Willow

### Pudina Ki Chatni (Mint Chutney)

---

2 cups fresh mint leaves

1 small onion

2 cloves garlic

1 fresh hot green chile pepper (seeded, if you prefer a milder chutney)

1 tablespoon lemon juice

1 teaspoon cayenne pepper

3 1/2 fluid ounces water

Process all ingredients in a food processor to make a thick paste. To store, keep covered in the refrigerator. Coriander chutney can be made simply by substituting fresh coriander (cilantro) for the mint.

From: Jennifer Freeman

### Peach Salsa

---

3 peaches, peeled and chopped fine

1 tablespoon lime juice

1 1/2 tablespoons raw honey

2 tablespoons chopped cilantro

1-2 fresh chiles, seeded and finely chopped

Mix together, chill and serve

From: SF in rec.food.cooking

### Peach Salsa II

-----  
1 cup peeled & chopped peaches  
1/4 cup chopped red onions  
1/4 cup chopped yellow or green pepper  
1 Tbsp. lemon or lime juice  
2 tsp. snipped fresh cilantro, parsley, OR Basil  
1/2 tsp honey  
Dash ground red pepper.

In a medium bowl, stir everything together. Cover & chill for up to 6 hours. Makes 1 1/4 cups.

From: SF in rec.food.cooking

Adapted by Patti Vincent

### Peach Salsa III

-----  
Serve it with grilled entrees.

6 cups prepared peaches, about 12 medium or 3 lb (1.4 kg)  
1 1/4 cups chopped red onion  
4 jalapeo peppers  
1 red pepper, chopped  
1/2 cup loosely packed finely chopped fresh cilantro or coriander  
1 tbsp lime juice  
2 tbsp honey  
1 clove garlic, finely chopped  
1 1/2 tsp ground cumin  
1/2 tsp cayenne pepper

Fill boiling water canner with water. Place 8 clean half-pint (250 mL) mason jars in canner over high heat.

Blanch, peel, pit and chop peaches. Measure 6 cups (1.5 L).

Place Snap Lids in boiling water; boil 5 minutes to soften sealing compound.

Combine peaches, onion, peppers, cilantro, lime juice, honey, garlic, cumin and cayenne pepper in a large stainless steel or enamel saucepan. Bring to a boil, stirring constantly to prevent scorching. Boil gently, stirring frequently, 5 minutes.

Ladle salsa into a hot jar to within 1/4 inch (0.5 cm) of top rim (head space). Remove air bubbles by sliding a rubber spatula between glass and food; readjust head space to 1/4 inch (0.5 cm). Wipe jar rim removing any stickiness. Center Snap Lid on jar; apply screw band just until fingertip tight. Place jar in canner. Repeat for remaining salsa.

Cover canner; return water to a boil; process 10 minutes at altitudes up to 1,000 ft (305 m). Remove jars. Cool 24 hours. Check jar seals. Sealed lids curve downward. Remove screw bands; store separately. Wipe jars, label and store jars in a cool, dark place.

\*Wear rubber gloves when handling jalapeo peppers.

From: SF in rec.food.cooking

Adapted by Patti Vincent

MMMM---- Recipe

Title: Peach Mint Salsa

Categories: Basics, Salsa

Yield: 3 cups

2 ripe peaches; peeled and  
-diced

1 sm red pepper; chopped  
1/2 red onion; chopped  
1 sm jalapeno pepper; minced  
1/4 c pineapple juice  
3 tb grape juice  
2 tb fresh chopped mint

I created this special salsa to serve with  
Grilled Boneless Leg of Lamb (see recipe)

Mix all ingredients together and refrigerate at least one hour to  
blend flavors. May be made a day or two in advance.

<http://busycooks.miningco.com>

Adapted by Patti Vincent

MMMM

## Fruit Butters

Banana Date Butter

-----  
8 dates chopped  
1/4 cup orange juice  
1 banana sliced  
1 Tbsp oil  
1 Tbsp lemon juice

In saucepan, combine dates and juice. Heat on high for 2 minutes. Process

all ingredients until smooth. Little specks of dates will remain. Store up to one week in fridge

From Valerie

MMMMM----- Recipe

Title: Spiced Apple Butter

Categories: Fruits, Jam/jelly

Yield: 4 Cups

6 Apples, sliced  
1 cup Apple cider  
2 tsp Ground cinnamon  
1/2 tsp Ground ginger  
1/2 tsp Ground nutmeg  
1/2 tsp Ground allspice  
1/2 tsp Ground cloves

Place apples and cider in pot over medium heat. Cook, stirring frequently, until mixture comes to a boil. Lower heat and simmer, stirring frequently, for about 1/2 hour. Stir in spices. Continue simmering and stirring for another 1/2 hour, or until apple slices have disintegrated and butter is thick. Remove from heat. Transfer to 4 1-cup containers, and store in fridge.

From: the recipe collection of Fred Towner via rec.food.recipes

MMMMM

Apple Butter

1 20-ounce jar unsweetened applesauce or 2 1/2 pounds cored tart apples  
1 cup unsweetened cider or apple juice  
1 teaspoon ground cinnamon  
1/2 teaspoon ground cloves  
1/2 teaspoon allspice  
1/2 teaspoon nutmeg  
(NOTE: 2 1/2 tablespoons apple pie spice can be substituted for the 4 spices.)

Cook fresh apples with peel, then put into blender or through food mill. If using applesauce, combine applesauce, cider and spices in electric skillet, iron skillet or shallow saucepan. Simmer slowly, stirring frequently, 2 to 3 hours until spreading consistency is reached. May bake at 325 degrees until reduced to half the amount - not as much stirring needed. Cool. Store, covered, in refrigerator. Makes 2 cups.  
Adapted from: Lita Lotzkar via rec.food.recipes

## Apple Butter

---

2 qt. pure apple cider  
3 qt. peeled and quartered cooking apples (about 4 lb.)  
1/4 c. pure maple syrup  
1 tsp. ground cinnamon  
1 tsp. ground ginger  
1/2 tsp. ground cloves

Bring cider to a boil in a large saucepan. Add apples. Bring to a boil; reduce heat. Simmer, uncovered, stirring often, until apples are soft. Stir in remaining ingredients. Simmer, uncovered, stirring often, until very little liquid separates from pulp, about 2 hours. Makes about 2 pints apple butter.

Adapted from: Sheryl Heller via rec.food.recipes

## Peach Butter

---

Peaches (at least 8-12)  
Optional raw honey or pure maple syrup (was sugar)  
Lemon juice, if desired  
Spices, if desired

Peel and pit the peaches. Quarter them. Put the quartered peaches in a heavy kettle and add about 1-2 cups of water to the pot. Start cooking over low heat to discourage sticking. Cook until tender, stirring often to discourage sticking.

After cooking, drain the peaches through a colander, reserving juice (you can make jelly with the resultant juice). Put the peaches through a food mill to puree. A blender or food processor can be used, though their action is different than milling. I much prefer a food mill -- it strains to puree and separates any extraneous fiber; the fp and blender chop to puree. The final texture is different.

Measure the pulp/puree by volume. Put it into a heavy bottom kettle. Add some sweetener if you wish. Add a wee splash of lemon juice at this point, if you wish. Commence cooking over low to moderate heat, uncovered, stirring to dissolve the sugar. Don't sit down and read the paper. Don't leave the room.

When the stuff begins to boil, reduce the heat to very low, put a splatter screen atop and cook until it is thickened to your liking. \*If\* you want spiced butter, add spices towards the end of the cooking. I won't give amounts of spices: Start with a small amount. (Duh!) Be careful with ground cloves--a little goes a long way. Spices that are nice with

peach butter include cinnamon and nutmeg. If you leave the room to get on with your life, take a timer with you and set it for 5-10 minutes (your cue to run back and stir and check) -- less time as it gets closer to being done.

When you've got the stuff cooking, go back to that reserved juice and strain it, hot, through about 3-4 layers of cheesecloth. Use the juice for peach jelly (check a pectin box for a recipe) or adding it to barbecue sauce.

Fruit butters are great!! They are very interruptable. \*If you are uncertain\* as to whether or not they are done, hold everything! Get the pot off the heat and let it and the contents cool. Check the texture and consistency then. If it's as you like it, reheat and jar. I've taken three days to make my apricot butter if I haven't had the necessary time in one shot.

Expect the volume to have reduced by about one-third. Use that guide for determining how many canning jars to prepare.

Have your canning jars and lids prepared and ready to fill. When the butter is thickened, fill the jars, remove bubbles, seal and process in a boiling water bath for 10 minutes. Because of the density of fruit butter, I like to have my batch bubbling hot when I fill my jars. I do this by returning the now done butter to my mixing pitcher and nuking it till the edges are bubbling. Then I pour it into the jars, check for bubbles and seal and process.

I recognize that this might be seen as a pretty involved process. It's worth the time.

#### Other Fruit Butters

Same method.

Apricot Butter - I don't like mine spiced at all! \*Maybe\* a wee splash of orange juice, more likely not. Do what you will. Easy on the lemon juice if you use it.

Plum Butter - My plums, when pureed, are sour and strong. They can stand cinnamon, clove, and freshly ground allspice. Skip the lemon juice.

Apple Butter - There are a zillion recipes for apple butter. Most include cinnamon, cloves, nutmeg, maybe mace. Skip the lemon juice.

Most fruit butters, because of their tanginess and spiciness are very nice with grilled or roast meats, pork and chicken in particular. Apricot butter is a nice dip for chicken when it's cut with some lemon juice. Plum butter, too.

Adapted from: Schaller\_Barb@htc.honeywell.com via rec.food.preserving

## PaleoFood Recipe Collection Contents

## Condiments: [Marinades \(Citrus\)](#), [Marinades \(Non-Citrus\)](#), [Marinades \(Tomato Based\)](#), and [Dry rubs](#)

### Marinades (Citrus Based)

#### Three-Citrus Marinade

-----  
1/2 cup fresh lime juice  
1/2 cup fresh lemon juice  
1/2 cup fresh orange juice  
1/2 cup olive oil  
4 cloves of garlic minced  
2 teas coarsely ground black pepper  
3 crushed bay leaves  
3 tbls chopped cilantro

Mix all ingredients in shallow wide mixing bowl. Add food and marinate 1-2 hours. Barbeque, stovetop grill, or broil, brushing marinade on 2-3 times.

In addition to skinned chicken parts, this may also be used on salmon, tuna, or shrimp. Reduce marinating time so citrus does not "cook" seafood.  
Posted to [rec.food.recipes](#) by Joel Schwarz

#### Mojo Criollo

-----  
1/3 cup olive oil  
6 to 8 cloves garlic, thinly sliced or minced  
2/3 cup fresh sour orange juice or lime juice  
1/2 teaspoon ground cumin  
salt and freshly ground black pepper, to taste

Makes 1 cup.

From: cookbook "Miami Spice" via Staca Hiatt in [rec.food.recipes](#)

#### Chimichurri

-----  
A great South American type of sauce for grilling, can be served right away but will be better if you let it ripen for a day or two in the frig.

1 bunch curly parsley, stemmed and minced, about 2 cups  
8 to 10 cloves garlic, minced  
1 cup olive oil  
3 tablespoons fresh lemon juice  
1 teaspoon red pepper flakes

1 teaspoon salt, or to taste  
freshly ground black pepper

Combine the parsley and garlic in a food processor (or mortar) and grind to a coarse paste. Work in the oil, lemon juice, red pepper flakes, salt and pepper. Taste and add more lemon juice or salt if needed. Makes about 2 cups.

From: 'Miami Spice' by Steven Raichlen, Found in newspaper Food Section

----- Recipe

Title: Salsa Cubano Barbecue Sauce

Categories: Cuban, salsa, sauces

Yield: 1 servings

1 md white onion, chopped  
5 cl garlic, chopped  
1/2 cup sour orange juice < or >  
1/3 cup lime juice (see note)  
1/2 ts oregano  
1/2 ts cumin seeds  
1/4 ts salt  
1/2 cup water

Put onions, garlic, orange juice (or lime juice) and water in a blender. Set blender on "liquify" setting and process. Crush all dry ingredients together and add them to blender. Process for one minute more.

Marinate meat (chicken, beef, pork or fish) for at least one hour in mixture. It is better to marinate meats overnight.

Brush meat frequently with the sauce while cooking.....Makes 2 Cups.

Test Kitchen Notes: This is a traditional Cuban meat marinade. Sour orange juice is available in Hispanic grocery stores.

From: Enrique W. Perez

Posted to rec.food.recipes by S.Mancini@t-online.de

-----

Cuban Lime Marinade

-----  
6 cloves garlic -- minced (2 Tbs.)  
2 teas ground cumin  
1 tbls chopped fresh oregano (or 1 tsp. dried)  
1/2 teas ground black pepper  
1/2 cup fresh lime juice

Place the garlic in a mortar and pestle and mash to a smooth paste (or mash in a shallow bowl with a fork). Work in the cumin, oregano, pepper, and

lime juice. Add a pound of vegetables. Marinate for at least six hours, stirring occasionally. Broil or grill until done, basting occasionally with the leftover marinade. Serves 5.

Adapted from Steven Raichlen's High-Flavor Low-Fat Cooking

#### Mango and Lime Marinade

-----  
8 tbls mango and lime chutney; or mango chutney

1 lime

1 tbls raw honey; optional

Chop the lime in half, remove the peel, keep the juice and flesh. Add the lime and chutney to a food processor bowl. Pulse until the lime is fairly well chopped up, it will probably still be chunky, it doesn't have to be very smooth. Pour this into the bowl where you'll be marinating the meat, add the honey and mix well. Stir in the meat. Marinate for at least 24 hours, longer if the meat is not very tender. Use for kabobs.

Originally Jenn adpated from one in an issue of "Marie Claire"

Posted to rec.food.recipes by Helen Watson

#### Lime-Orange Marinade

-----  
4 cloves garlic, finely chopped

1 1/2 cup lime juice

1 cup orange juice

1/2 cup olive oil

2 teas ground black pepper

Chop garlic and mix with remaining ingredients in a bowl.

Marinate ribs, chops, or thick cuts of beef with this tangy, spicy combination. Always try to use fresh juices. When they're not readily available, use the frozen or bottled variety.

Possibly from alt.creative.cooking

Posted to rec.food.recipes by Tracy Riggs

#### Barbecue Sauce or Marinade

-----  
Here's a nice barbecue marinade or basting sauce. Works well on a lot of fish. Experiment with the herbs according to your preference, but I like these.

1/4 cup EV olive oil

1 branch fresh dill, crushed

1/4 tsp chopped, fresh tarragon

1/4 tsp summer savory

1/4 tsp fresh ground black pepper  
1 tsp fresh grated lemon peel  
2 Tbs fresh lemon juice

Heat the oil in a small saucepan, add the herbs, pepper and lemon peel. Let brew over a very low heat for about 4 - 5 minutes. DON'T COOK! Remove from heat and stir in the lemon juice. Use as a basting sauce or as a cold marinade for fish steaks.

Posted by JGruhn@aol.com to rec.food.recipes

#### Tangy Chicken Marinade

---

1/2 cup lime juice  
1/4 cup olive oil  
3 cloves garlic, minced  
1 jalapeno pepper, cut in 1/8" slices (do not remove seeds!)  
1/4 cup chopped fresh cilantro  
dash salt  
dash white pepper

Combine all ingredients. Pour over 1 lb. skinless/boneless chicken breast halves. Marinate at least 2 hours. Remove chicken from marinade and either grill or broil. Brush with remaining marinade during cooking. Serves 4.

Posted by JGruhn@aol.com to rec.food.recipes

#### Jamaican Jerk Marinade

---

1/4 cup whole allspice\*  
3 habanero chiles\*\*, seeded and chopped  
10 green onions, chopped  
1/2 cup chopped onion  
4 cloves garlic, chopped  
4 bayleaves, crushed  
1 3-inch piece ginger, peeled and chopped  
1/3 cup fresh thyme  
1 teas freshly-ground nutmeg  
1 teas freshly-ground cinnamon  
1 teas salt (to taste)  
1 tbls freshly-ground black pepper  
1/4 cup olive oil  
1/4 cup lime juice.

Roast the allspice in a dry skillet until they are aromatic, about 2 minutes. Remove and crush them to a powder in a mortar or spice mill. Add the powder and the remaining ingredients to a food processor and blend to make a paste or sauce. Remove and store in a jar in the refrigerator; it will keep for a month or more.

\* In Jamaica, allspice is called pimento. So, if you see pimento in a Caribbean recipe, don't reach for the sweet red peppers.

\*\*10 on the heat scale of 1-10.

From: Paul Royko, Toronto, Canada

#### Beef Marinade

-----

250 ml olive oil  
125 ml lemon juice  
1 teaspoon dry mustard  
1 teaspoon pepper  
2 cloves garlic; crushed

Mix all the ingredients together. Use to marinate beef. Reserve and use to baste meat while grilling.

Posted to rec.food.recipes by Helen Watson

Adapted by Patti Vincent

#### Hawaiian Island Marinade

-----

1/3 cup coconut milk  
2 Tablespoons lime juice  
1 Tablespoon raw honey  
2 Tablespoons fresh Hawaiian ginger root, finely grated

Combine ingredients and marinate steak, chicken, fish or pork before barbequing. Baste with marinade during barbequing.

Possibly from alt.creative.cooking

Posted to rec.food.recipes by Tracy Riggs

Adapted by Patti Vincent

#### Marinade for Grilled Shrimp

-----

1/4 teaspoon dry mustard  
juice of 1 lime (or lemon, if desired)  
1/4 olive oil  
1/2 teaspoon raw honey  
1 teaspoon salt  
pepper  
dash cayenne pepper

Marinate shrimp for several hours. Drain. Alternate shrimp on skewers with pineapple chunks, small pieces of bacon, green pepper, mushrooms.

Grill over medium coals.

Posted to rec.food.recipes by Joan Karr

Adapted by Patti Vincent

### Macho Fish Marinade

---

The rinds from the juiced citrus fruits make an attractive and flavorful addition to this robust and tangy marinade.

Use on: Any meaty fish .... Marinate 2 to 3 hours

3/4 cup olive oil

1/2 cup fresh orange juice

1/3 cup fresh lemon juice

1/4 cup vegetable broth

1 teaspoon salt

2 tablespoons fresh lime juice

1/2 medium fennel bulb .... trimmed, cored and thinly sliced crosswise

1/2 medium red onion, thinly sliced

1-inch piece of fresh ginger, peeled and thinly sliced

2 fresh thyme sprigs

2 bay leaves

1/4 teaspoon crushed peppercorns

In a large bowl, stir together the olive oil, orange juice, lemon juice, salt and lime juice. Add the fennel, onion, garlic, ginger, thyme, bay leaves and peppercorns and mix until combined. Yield: About 2 cups

Posted by plgold@ix.netcom.com to rec.food.recipes

Adapted by Patti Vincent

### Asian Flavor Marinade

---

This marinade works exceptionally well with seafood but is quite tasty with poultry or pork.

1 cup fresh orange juice

2/3 cup fresh lemon juice

2/3 cup fresh lime juice

6 scallions sliced thin (white part only)

2 small jalapenos sliced into very thin rounds

1 tsp. red-pepper flakes

1 Tbs. grated orange zest

Mix ingredients in a bowl and marinate your seafood, chicken or pork.

Posted to rec.food.recipes by Todd Matthews

Adapted by Patti Vincent

## Steak Marinade

---

1/3 cup minced shallots  
1/2 cup olive oil  
3 Tbs. fresh thyme  
1/4 tsp white pepper  
3 Tbs. freshly squeezed lemon juice

Mix the marinade ingredients in a non-reactive pan. Score the meat, and place it in the pan and turn in the marinade. Marinate for at least 2 hours at room temperature or up to 24 hours refrigerated. If refrigerated, turn the steak in the marinade occasionally. Remove the steaks from the marinade (retain marinade) and grill to taste. Bring the remaining marinade to a boil in a non-reactive saucepan and remove from heat. Carve the meat in thin diagonal slices across the grain (this makes for a tender cut) and arrange the slices on a warm platter. Pour the carving juices and the marinade over the meat. Decorate, if desired, with parsley sprigs or watercress.

Posted to *rec.food.recipes* by Todd Matthews

Adapted by Patti Vincent

## Chicken Marinades

---

I tend to improvise with whatever comes to hand. The following things have served me well in the past (mix and match - treat it like a salad bar; a good idea is to take a single item from each list):

### Acidic Flavors

Lemon Juice  
Lime Juice

### Salty Flavors

salt  
broth

### Other Liquids

Chinese Hot Oil  
Sesame Oil  
Broth or Stock  
Honey  
Maple Syrup

### Other Ingredients

Thyme  
Dry Mustard  
Sage  
Black Pepper

Rosemary  
Cayenne  
White Pepper  
Lemon Peel  
Diced onion  
Fennel Seed  
Celeriac  
Chili Powder

Assemble at will! Once the chicken is marinated, toss it in a non-stick pan with a little olive oil to cook it. if you then want a good SAUCE on the chicken, stir some arrowroot (just a pinch or three) into your marinade and toss it into the hot pan.

Posted by S. John Ross to rec.food.recipes  
Adapted by Patti Vincent

#### Sauce for Stir-fry

---

coconut milk  
lots of garlic  
lots of ginger  
lemongrass  
coriander  
chilis  
squeeze of lemon or lime juice (plus a bit of grated zest if you like)

I'm afraid I can't give you measures for any of these, as I just chuck them all in - you can't have too much garlic + ginger, you can have too much chilli.

From: Dominic Glennon on Yeast-L list

#### Tandoori Marinade

---

1/2 cup coconut milk  
2 Tbsp. lemon juice  
2 Tbsp. lime juice  
2 tsp. salt  
2 garlic cloves, minced  
1 tsp. ginger, minced  
1/2 tsp. cumin seed  
1/2 tsp. coriander  
1/4 tsp. turmeric  
1/2 tsp. cayenne pepper  
1/4 tsp. black pepper  
1/8 tsp. cinnamon  
pinch ground cloves

Mix all ingredients making sure that all the spices are well blended. Marinade your meat of choice in the sauce for several hours. Use leftover sauce for basting the meat while it is grilling. The more sauce, the better (I think). You might also want to try this on vegetables.

Posted by Faith Gielow to rec.food.recipes

## Marinades (Non-Citrus)

Champagne Marinade for Salmon

-----  
3/4 cup champagne  
1/4 cup olive oil  
1/2 teaspoon dry mustard  
1/2 teaspoon dried basil leaves  
dash salt  
dash white pepper

Combine all ingredients. Pour over 4 salmon steaks or filets. Marinate at least 2 hours. Grill or broil salmon, brushing with marinade during cooking. Serves 4.

Posted by JGruhn@aol.com to rec.food.recipes

Spicy Marinade

-----  
1/4 cup chopped parsley  
1/2 cup loosely packed and finely chopped basil leaves  
2 tablespoons minced green onion  
1 tablespoon minced garlic  
1 teaspoon finely chopped oregano  
2 teaspoons sea or kosher salt  
1/2 teaspoon freshly ground black pepper  
1/4 teaspoon hot red chile flakes  
1/3 cup dry white wine (optional) or broth  
3/4 cup olive oil

Combine all ingredients and allow flavors to marry for 2 hours before using. If you like a hotter flavor, add more chile flakes or some minced fresh serrano chiles. Makes approximately 2 cups

Posted to rec.food.recipes by Todd Matthews

Adapted by Patti Vincent

Maple Marinade

-----  
Yield: About 1/2 cup

Use on: Pork, chicken, duck breasts, squab

Brush on: Brush on before and during grilling

Make ahead: The maple marinade can be refrigerated for up to 3 days

Because this sweet, peppery marinade is made with a high proportion of maple syrup, be sure to grill the meat or poultry over moderately low heat so that it cooks evenly without burning.

1/4 cup olive oil

3 tablespoons pure maple syrup

1 garlic clove, crushed

4 fresh thyme sprigs

1 teaspoon freshly ground pepper

In a small saucepan, combine all the ingredients and simmer over low heat until slightly thickened, about 3 minutes. Let stand for 2 hours before using.

Posted by plgold@ix.netcom.com to rec.food.recipes

\* Exported from MasterCook II \*

### Polly's Honey Curry Marinade For Great Chicken

Recipe By : Polly Motzko

Serving Size : 1 Preparation Time :0:00

Categories : Marinades, Glazes & Bastes

Amount	Measure	Ingredient -- Preparation Method
1	cup	honey
1/4	cup	olive oil
3	teaspoons	curry powder
1	teaspoon	ground pepper -- coarsely ground
1	teaspoon	Trader Joe's Crushed Ginger

Mix all ingredients thoroughly and put in an airtight container. Baste poultry while baking at 375 degrees for one hour.

Can be made in larger quantities and stored in refer until ready for use.

A recipe from Paulette L Motzko

- - - - -

## Marinades (Tomato Based)

### Blueberry Barbecue Sauce

-----  
2 teaspoons olive oil  
1/4 cup minced onion  
1 tablespoon minced fresh jalapeno chile, seeded  
1/4 cup ketchup  
1 tablespoon honey  
1/4 teaspoon dry mustard  
dash cayanne pepper  
2 cups frozen or fresh blueberries  
Salt and freshly ground pepper

1. Heat the oil in a nonreactive saucepan. Add the onion and jalapeno and cook over moderate heat, stirring, until wilted, about 3 minutes. Add the ketchup, honey, mustard and cayanne and bring to a simmer. Add the blueberries and simmer over low heat, stirring until thickened, about 10 minutes.
2. Puree the sauce in a blender or food processor until smooth. Pass through a strainer and season salt and pepper. Serve at room temperature.

Yield: About 1-1/2 cups

Use on: Any kind of beefsteak, hamburgers, pork chops, chicken

Make Ahead: The sauce can be refrigerated for up to one day

Adapted by Patti Vincent

### Beef Kabob Marinade

-----  
2/3 cup olive oil  
1/2 cup lemon juice  
1 teaspoon salt  
1/4 cup catsup  
1/2 teaspoon pepper  
1 clove garlic, minced  
Dash of cayenne

Mix well. Marinade 1-2 pounds good quality beef, cut in cubes for at least 4 hours. Skewer with cubed green and red peppers, and onions. Grill and baste.

Possibly from alt.creative.cooking

Posted to rec.food.recipes by Tracy Riggs

Adapted by Patti Vincent

## Dry Rubs

### Dry Spice Rub

-----  
1 cup salt  
1 cup paprika  
1 cup ground black pepper  
1 cup cumin  
1 cup Ancho chile powder

Mix all together well.

Posted to rec.food.recipes by Todd Matthews

### The Recipes

#### Mild Mexican Jerky

1 tsp salt  
1/2 tsp crushed oregano  
1/4 tsp pepper  
1 tsp paprika  
1 tsp chili powder  
1/2 tsp garlic powder

#### Middle Eastern Jerky

1 tsp salt  
1/4 tsp turmeric  
1/8 tsp pepper  
1/8 tsp ground cumin  
1--1/2 tsp coriander  
1/4 tsp chili powder  
1/4 tsp ground ginger

#### Fiesta Jerky

1 tsp salt  
1 tsp onion powder  
1/4 tsp pepper  
1/4 tsp ground cumin  
1 tbs chili powder  
1 tsp garlic powder

#### Curried Jerky

1 tsp salt  
1-1/2 tsp curry powder  
1/4 tsp pepper  
1/2 tsp garlic powder  
1/8 tsp cinnamon  
1 tsp ground ginger

1/16 tsp ground cloves  
1/8 tsp ground cumin

From: rec.food.preserving

\* Exported from MasterCook II \*

### Moroccan Dry Marinade

Recipe By : Fifty Ways To Cook Just About Everything/Schloss & Bookman  
Serving Size : 1 Preparation Time :0:00  
Categories : Marinades, Glazes & Bastes

Amount	Measure	Ingredient -- Preparation Method
2	teaspoons	black pepper
1	teaspoon	onion powder
2	teaspoons	garlic salt
1/2	teaspoon	cayenne pepper
1	teaspoon	ground cinnamon
1	teaspoon	ground coriander
1/2	teaspoon	dried thyme
1	teaspoon	ground ginger
1	tablespoon	minced lemon zest
1/2	tablespoon	honey

Rub onto food and let sit for an hour.

Serving Ideas: Good on beef, chicken, lamb, pork & veal.

From: Paulette L Motzko

Adapted by Patti Vincent

-----

### Caribbean Jerk Rub

-----  
1 tbs onion powder (powder not salt)  
1 tbs dried thyme  
2 tsp dried allspice  
2 tsp ground black pepper  
1 tsp cayenne pepper  
1 tsp salt  
3/4 tsp ground nutmeg  
1/4 tsp ground cloves

Blend all the above ingredients well. Rub over meat, poultry or seafood at least 2 hours before grilling. Grill as usual.

Adapted from rec.food.cooking

## Jerk Rub

---

1 onion, finely chopped  
1/2 cup scallions, finely chopped  
2 teas thyme leaves, fresh  
1 teas salt  
1 teas Jamaican pimento, (allspice)  
1/4 teas nutmeg, ground  
1/2 teas cinnamon, ground  
4 to 6 hot peppers, finely ground  
1 teas black pepper, fresh ground

Mix together all the ingredients to make a paste. A food processor fitted with a steel blade is ideal for this. Store leftovers in the refrigerator in a tightly closed jar for about a month.

From: <rec.food.cooking>

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## [PaleoFood Recipe Collection Contents](#)

## **Soups (Fruit, Vegetable, Fish, Meat, and Poultry)**

### **Fruit**

#### Cantaloupe Soup with Blueberries

-----  
1 ripe peach, peeled, pitted and diced  
1 cantaloupe, peeled, seeded and diced  
1 cup apple juice  
juice of 1 lemon  
for garnish, fresh mint leaves and fresh blueberries

Place peach and cantaloupe in a soup pot with apple juice. Cook over med. heat, covered, about 10 minutes. Remove from heat. Transfer to a food processor and puree until smooth. Stir in lemon juice, pour into a bowl and cover. Chill thoroughly before serving, about 2 hours. Serve garnished with fresh blueberries and mint leaves. Makes 4 servings.

Adapted from: Cooking the Whole Foods Way by Christina Pirello.

### **Vegetable**

#### Thickening Soups

-----  
I buy pecan meal. Very reasonable (\$1.50 lb), at a local health foods store that carries foods for Seventh Day Adventists. You could do it with a food processor, starting with whole or broken pecans, but it would be more work and a lot more expense. Pecan meal is a nice thickener for soups, now that cornstarch, flour, potatoes, etc., are out. It doesn't make them smooth and glossy, but it adds flavor and body.

From: Lynnet Bannion on the PaleoFood list

#### Soup Snack

-----  
Take your fresh veg - any sort, any mixture - get lucky. Cook em (less than you would normally - steaming is best) add garlic (LOADS), extra virgin olive oil (LOADS), coconut oil (LOADS), fresh herbs, retain any liquid or add filtered water. Liquidise. Sprinkle fresh herbs, watercress, celery leaves, chopped radish, garlic, onions, ginger on top.  
Soup snack throughout the day.

From: Ed

#### Vegetable Cabbage Soup

soup bone  
1/2 pound stewing beef  
3 quarts water  
1-2 bay leaves  
1 small head of cabbage  
4 medium to large carrots  
4-6 stalks of celery  
1 medium-large onion  
1 can tomatoes, cut up  
6 oz. tomato juice

Put a soup bone and 1/2 lb. stewing beef in a large pot and fill with 3 qts. water. Add bay leaves. Simmer 2-3 hours, Skim top from time to time. Chop coarsely the cabbage, carrots, celery and onion. Remove bone from soup and add vegetables. Cook 30 minutes. Add tomatoes and tomato juice. Bring to a boil again and serve.

From: Mrs. David S. Schaff III, in Seasoned in Sewickley

#### Cream of Cauliflower Soup

---

a large head of cauliflower  
2-3 stalks celery  
1 carrot  
2 cloves garlic  
1-2 onions  
1-2 tsp ground cumin  
1/2 tsp pepper  
a few sprigs of parsley  
1/4 tsp sage (or your favourite blend of herbs; spices)

Chop head of cauliflower (save a handful of tiny flowerets for a raw garnish) and put in a soup pot. Chop; add stalks celery, carrot, garlic and onions. Add spices. Barely cover with water, bring to boil and simmer until veggies are tender. Blend the contents of the pot and adjust seasonings to taste. Add a little hot water if the soup is too thick. Serve garnished with raw flowerets.

Serving suggestion: Serve with a steak, plus a spinach/lettuce and mushroom salad garnished with grated carrot and parsley. You can use the same basic recipe for Cream of Broccoli or Cream of Asparagus Soup. You won't miss the fact that is no actual cream in the soup, given the thick consistency and rich flavour of the main veggie.

You can also add chopped, cooked meat for a quick lunch.

From: Chris

#### Chestnut Soup

---

NOTE: To use fresh chestnuts, you'll need about 11-1/2 pounds. Cut an X

through the shell on flat side. Immerse in boiling water and simmer 10 minutes. Drain, and while nuts are warm and wet, use a small knife to pull off shell and dark membrane. Or buy peeled, cooked chestnuts canned (in water), frozen or in shelf-stable packaging. Up to 3 days ahead, make soup, cover and chill. Reheat to serve, thinning as desired with more broth - soup thickens on standing.

1 cup minced shallots or onions  
3/4 teaspoon dried thyme  
about 7 cups fat-skimmed chicken broth  
4 cups peeled cooked chestnuts  
1-1/2 tablespoons slivered fresh chives or parsley

In a 5-6 quart pan over high heat, frequently stir shallots, thyme and 1/2 cup broth until vegetables are lightly browned. Add 6-1/2 cups broth and chestnuts. Cover, bring to a boil, then reduce heat and simmer until chestnuts mash easily, about 30 minutes. Whirl mixture, a portion at a time, in a blender until it is very smooth. Or, with a slotted spoon, skim chestnuts and vegetables from broth and puree them in a food processor, then mix with the broth in the pan. Measure soup. If you have less than 6 cups, add broth to make this amount and return to pan and stir until hot. If you have more, boil and stir until soup is reduced. Ladle hot soup into bowls. Season to taste and sprinkle with chives.

From: Sunset, Nov. 1998

#### Cream of Coconut and Mango Soup

---

2-3 tablespoons arrowroot  
1/8 cup water  
4 cups fresh coconut milk, or combination regular and coconut milk  
1/8 cup honey  
2 cardomon pods  
1 stalk lemon grass, bruised  
3 quarter-size pieces gingerroot, bruised  
1 vanilla bean, split  
1/2 cup cream of coconut  
3 cups mango (3 mangos), 1/2-inch dice  
2 tablespoons fresh-squeezed orange juice  
2 tablespoons fresh-squeezed lime juice  
1 tablespoon honey  
Garnish: fresh mint sprigs

In a saucepan set over moderate heat, combine coconut milk, honey, cardomon pods, lemon grass, ginger and vanilla. Bring to a simmer and let cool. chill, covered, overnight.

In a bowl, combine the arrowroot with the water. Strain the coconut mixture. In a saucepan set over moderate heat, combine the arrowroot with

the coconut milk mixture, bring to a simmer and cook over low heat, stirring frequently, for 10 minutes, or until thickened. Transfer to a bowl and stir in the cream. Let cool and chill, covered, until cold. In a bowl, combine mango with orange juice, lime juice and honey. To serve: Pour coconut mixture into soup bowls with mint leaves.

Yield: 6 servings

Adapted from David Rosengarten's TASTE, SHOW #TS1G13

### Hazelnut Soup

-----  
2 cup ground unroasted hazelnuts  
4 cup beef or chicken broth  
1 medium onion, diced  
1 1/2 Tbsp chopped parsley  
salt and pepper

Mix together all ingredients in a large saucepan, bring to a boil, then simmer gently, stirring occasionally, for 1 hour. Serve hot. This is a rich soup; only small servings are necessary. Serves 4-6.

From: <http://www.cobjon.com/ecsong/vol1no2.html>

### Cream of Mushroom Soup

-----  
1 avocado  
1 tomato  
1 cup hot water  
1 red sweet pepper (diced)  
1 cup mushrooms (sliced)  
1 little onion (diced)  
1 clove of garlic  
Juice of 1/2 grapefruit, chopped basil

Blend avocado, grapefruit juice, garlic and hot water. This time the consistency of your soup should be thicker and creamier. Then add sliced mushrooms, sweet pepper, onion and basil. You may choose any of your favorite vegetables as an addition to your soup.

By Tatiana Kozlova at [www.rawtimes.com](http://www.rawtimes.com)

### Gazpacho

-----  
4 ripe tomatoes, quartered  
1 small onion, coarsely chopped  
1 clove garlic, peeled  
1 cup tomato juice  
2 Tbsp. lemon juice  
pepper to taste

cayenne, if you want to  
1 sprig fresh parsley  
4 ice cubes  
1 medium cucumber, peeled and coarsely chopped

Blend all ingredients in blender or food processor, until vegetables are small but NOT pureed.

From: "Cooking Healthy with One Foot out the Door"

#### Red Gazpacho Soup

---

Start this the day before

1 bell pepper, chopped  
3 med. tomatoes, peeled and chopped  
1 cucumber, peeled and chopped  
1 small onion, chopped  
2 tbsp olive oil  
dash pepper  
dash paprika  
shake of Tabasco  
2 1/2 cups V-8 juice  
1 tsp. chives  
2 tsp. parsley  
1/2 clove garlic, minced  
4 1/2 tsp. lemon juice

Mix all ingredients together, and refrigerate at least 12 hours. Serves 6-8.

Adapted from Mrs. Roger E. Wright in "Three Rivers Cookbook II"

#### Scallion Chive Soup

---

1/2 c zucchini, shredded  
1/2 c shallots, chopped  
1 clove garlic, minced  
3 t olive oil  
1 c scallions, chopped  
1/2 c chives, chopped  
2 c chicken broth  
1/2 c water

In saucepan, cook zucchini, shallots, and garlic in oil over moderately low heat. Stir occasionally until shallots are tender (about 5 min.). Add scallions and all but 2 T chives. Cook, stirring, until scallions are softened, about 2 min. Stir in broth and water. Simmer 2 min. In a blender, puree mixture. Pour soup through a fine sieve into clean pan, pressing hard

on solids and discarding them. Heat soup over moderate heat, stirring until hot. Season to taste. Stir in remaining chives.

From: <http://lark.cc.ukans.edu/~lash/recipes/>

Adapted by Patti Vincent

### Zucchini Soup

-----  
1 large onion, chopped  
2 Tbsp olive oil  
2 cups chicken broth  
8 cups diced zucchini  
1/8 tsp garlic powder  
1/8 tsp celery salt  
dash of pepper  
1/4 cup parsley leaves

In a pan, sauté onion in oil until tender. Add remaining ingredients except parsley. Cook over medium heat about 5 minutes or until zucchini is tender. Carefully pour into blender or food processor, and add parsley and whirl at high speed until smooth. May be thinned with additional chicken broth.

Serve hot or cold. Can be frozen.

From: Mrs. Wythe B. Weathers, in Seasoned in Sewickley

### Light Vegetable Soup

-----  
1/4 cup diced onion  
1 cup thinly sliced carrots  
1 cup thinly sliced zucchini  
2 tsp chopped fresh parsley  
1/4 tsp thyme  
1/8 tsp pepper  
2 cups water

In a 1 1/2 quart saucepan, cook onion until translucent; add all other ingredients except water. Cover and cook over low heat, stirring occasionally, until vegetables are tender, about 10 minutes. Add water and bring to a boil. Reduce heat to medium and cook until vegetables are soft, about 20 minutes. Remove from heat and let cool slightly. Remove 1/2 cup soup from pan and reserve; pour remaining soup into blender and process at low speed until smooth. Combine pureed and reserved mixtures in saucepan and cook, stirring constantly until hot. Makes 2 servings for lunch.

From: Carol Kauffman in The Great Tomato Patch Cookbook

### Jonathan's Mom's Very Veggie Vegetable Tour Soup

(don't follow it exactly-should serve 8)

1 16-oz bag of frozen mixed vegetables, or you may use fresh veggies, or a combination of fresh and frozen. Be creative, use what's in your refrigerator, like fresh green, red and yellow bell peppers, mushrooms, carrots, whatever.

1 cup onions, diced

1 Tbsp honey

3 1/2 cups V-8

28 oz. can diced tomatoes

1/2 tsp. pepper

1/2 head garlic, chopped fine

1 tsp. basil

1 bay leaf

Put all ingredients in a 5 to 8 quart stock pot. Add about 1 or 2 quarts of water, or until all the vegetables are covered. Simmer for 1 to 1 1/2 hours, stirring occasionally. You can cook it ahead of time, let it cool, pour into Tupperware and freeze. Carry it on tour in a cooler. If you keep it on ice, it can last a week or longer!

From: Cooking With the Dead by Elizabeth Zipern.

## Fish

### Thai Hot & Sour Shrimp Soup

-----

1 tablespoon olive oil

Shells from shrimp (see below)

8 cups chicken stock

3 stalks lemon grass, cut into 1" lengths

4 kaffir lime leaves (can be found in Thai and Chinese markets, often frozen)

1 teaspoon lime zest

2 green Serrano chiles, slivered

2 pounds fresh shrimp, approximately 20 count per pound, shelled and deveined

1 tablespoon coconut milk

1/2 teaspoon salt

juice of 2 limes

1 red Serrano chili, slivered

2 tablespoons coriander leaves (cilantro), coarsely chopped

3 green onions (including some green), coarsely chopped

Heat the oil in a saucepan and fry the shells until they turn pink. Add the chicken stock, lemon grass, lime leaves, lime rind, and green chilis. Bring to a boil, cover, reduce heat and simmer for 20 minutes. Strain the mixture through a sieve, return the liquid to a saucepan and bring to a boil. Add

the shrimp to this boiling "stock" and cook them for 2-3 minutes. Reduce heat to simmer and add the coconut milk, salt and lime juice. Stir and immediately remove from heat to prevent overcooking. Pour the soup in a tureen or ladle into bowls, sprinkle with red chilis, coriander leaves and green onions. Serve piping-hot.

From: "The Original Thai Cookbook" by Jennifer Brennan  
Adapted by Patti Vincent

## Hot Spanish Squid Soup

1 lb Squid; cleaned, cut into- 1-inch pieces

1 tb Olive oil

2 cl Garlic; minced

pepper to taste

1/2 c Tomato sauce; or puree (I suppose we could change the tomato sauce to tomatoes?)

1 c Water

In a saucepan, heat oil and garlic, but do not let garlic brown or burn. Add squid, pepper, tomato sauce and water. Simmer mixture for 1 hour, adding more black pepper towards the end of cooking time.

## Hans' Fish Soup

I made salmon soup the other day. I boiled the bones and fins and tail (I had bought the tail half of a salmon) for I guess an hour.

Then I strained to get the broth separated from bones and other, cut some of the salmon filéts in small peices, added to the broth together with some fresh onion and other green spicey things and boiled for a few minutes. Tasted very good.

I guess you can boil fish heads for a few minutes to be able to peel away the good meat pieces, to put aside when boiling the boney and fatty parts for quite a while, then putting the meat back into the soup just to warm before serving (to not overcook the meat).

From Hans

## Tapado (Seafood Soup)

Recipe By : Cook's Magazine September/October 1988

Serving Size : 6 Preparation Time :1:30

Categories : Central American Main Course Guatemalan Soup

2 cups fresh coconut milk -- (see recipe)  
1 small onion  
1 medium red bell pepper

2	pounds	red snapper fillets, sea bass, or tilefish
1	pound	medium shrimp
1	tablespoon	coconut oil
1	teaspoon	dried oregano
1/4	teaspoon	achiote (annatto) (optional)
1/2	teaspoon	salt
1/4	teaspoon	fresh ground black pepper
1	medium	banana
1	medium	tomato
3	tablespoons	minced cilantro leaves

#### PREPARATION:

Make the Coconut Milk (see recipe in this cookbook). Peel and thinly slice the onion (1/2 cup). Core, seed, and cut the bell pepper into 1/4-inch strips. Cut the fish fillets into 2-inch pieces. Peel, rinse, and devein the shrimp.

#### COOKING:

Heat the corn oil in a large skillet. Add the onion and red pepper and sauté over medium heat until softened, about 1 minute. Add the Coconut Milk, oregano, achiote, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Bring liquid to a boil and then simmer over low heat until slightly thickened, about 5 minutes. Stir in the fish and the shrimp and simmer until seafood is just cooked through, about 10 minutes.

Peel and cut the banana into 1-inch slices. Cut the tomato into 1-inch dice (3/4 cup) and add it to the soup along with the banana. Simmer the soup until the banana and tomato are just cooked, 5 minutes. (Can cover and refrigerate up to 4 hours.)

#### SERVING:

Reheat the soup if made in advance. Stir in the cilantro. Serves 4 to 6

NOTES : Coconut milk gives a Southeast Asian accent to this Guatemalan specialty.

The Caribbean coast of Guatemala has a wealth of fresh fish and coconuts. This dish, which frequently contains a wide variety of seafood, including squid, crab, shrimp, red snapper, sea bass, or mako shark, is an expression of this natural bounty. Achiote, also known as annatto, is a red-orange vegetable dye used to color dishes throughout Latin America.

Posted by BrigitteJ@csi.com to rec.food.cooking

## Meat

### NeanderSoup

Pour in enough olive oil to coat the bottom of the pan (a big saucepan). Cook a chopped-up onion, some minced garlic, some chopped celery until they're soft. Then add about 4 cups of water. Then see what all is in the refrigerator: at this point throw in whatever you've got -- some grated carrot, shredded escarole, a bit of kale, leftover cooked chicken, some herbs - parsley, basil, oregano. Let it simmer for awhile, maybe 20-30 minutes.

From JoAnn

### Homemade Beef Broth

4 pounds meaty beef soup bones (beef shanks or short ribs)  
3 medium carrots, cut into chunks  
3 celery ribs, cut into chunks  
2 medium onions, quartered  
1/2 cup warm water  
3 bay leaves  
3 garlic cloves  
8-10 whole peppercorns  
3-4 sprigs fresh parsley  
1 teaspoon EACH dried thyme, marjoram, and oregano  
3 quarts cold water

Place soup bones in a large roasting pan. Bake, uncovered, at 450F for 30 minutes. Add carrots, celery and onions. Bake 30 minutes longer; drain fat.

With a slotted spoon, transfer bones and vegetables to a soup kettle. Add warm water to the roasting pan; stir to loosen browned bits from pan. Transfer pan juices to the kettle. Add seasonings and enough cold water just to cover. Slowly bring to a boil, about 30 minutes. Reduce heat; simmer, uncovered, for 4-5 hours, skimming the surface as foam rises. If necessary, add hot water during the first 2 hours to keep ingredients covered. Set beef bones aside until cool enough to handle. Remove meat from bones; give bones to favorite dog, save meat for your own use. Strain broth, discarding vegetables and seasonings. Refrigerate for 8 hours or overnight. Skim fat from surface. Makes about 2-1/2 quarts.

From: Quick Cooking, Sept/Oct 1998

### Yellowjacket Soup

Large yellowjacket nest, filled with grubs

Loosen and set aside all uncovered grubs. Heat the nest with the remaining grubs over fire until paper-like covering parches. Pick out the grubs and brown them over the fire with those grubs that were set aside. Cook the browned grubs in water to make soup. Add grease to taste.

From Tom Kuhn, Native American archeologist

## Poultry

### Cock-A-Leekie (Rooster Soup)

-----  
1 3-pound chicken, cut up  
2 carrots, coarsely chopped  
1 onion, quartered  
1/2 tsp fresh ground pepper  
6-8 prunes (optional)  
1 bouquet garni (4 parsley sprigs, 1/4 tsp dried thyme, 1 bay leaf, and 8 peppercorns tied in cheesecloth)  
5-6 medium leeks, the white part only, well-rinsed, and cut into 1/2" pieces  
1 Tbsp chopped fresh parsley

Place chicken in a large Dutch oven or stockpot. Pour in 2 quarts of water, and bring to a boil over high heat; skim off foam as it collects. Add carrots, onion, bouquet garni, and pepper. Reduce heat, and simmer 45 minutes, until chicken is falling off the bones. Remove chicken and let cool; remove skin and bones; cut meat into bite-sized pieces. Strain stock into a large bowl, discard vegetables and bouquet garni. Skim off fat. In a large saucepan, heat a couple tablespoons of olive oil. Add leeks, cover and cook 10 minutes, until soft. Pour reserved stock over leeks. Bring to a boil, reduce heat, and cook 15 minutes. Add chicken and prunes, simmer 15 minutes. Season with pepper to taste. Add parsley and serve.

From 365 Ways to Cook Chicken by Cheryl Sedaker.

### Homemade Chicken Broth

-----  
2-1/2 pounds bony chicken pieces  
2 celery ribs with leaves, cut into chunks  
2 medium carrots, cut into chunks  
2 medium onions, quartered  
2 bay leaves  
1/2 teaspoon dried rosemary, crushed  
1/2 teaspoon dried thyme  
8-10 whole peppercorns  
2 quarts cold water

Place all ingredients in a soup kettle or Dutch oven. Slowly bring to a boil; reduce heat. Skim foam. Cover and simmer for 2 hours. Set chicken aside until cool enough to handle. Remove meat from bones. Discard bones; save meat for another use. Strain broth, discarding vegetables and seasonings. Refrigerate for 8 hours or overnight. Skim fat from surface. Makes about 6 cups of chicken broth.

From: Quick Cooking, Sept/Oct 1998

#### Paleo Chicken Soup

---

Take the carcass of your Rosemary Chicken and put in a pan with 4-5 cups of water and a little salt. Simmer about an hour. Strain the broth. Pick all the meat off the bones.

Put broth in a pan with the meat, add some chopped onion or leek, a little chopped carrot, other appropriate veggies you have on hand such as green beans, zucchini, daikon, yellow squash or bell pepper. Simmer 15 minutes. Then chop and add some nice green: spinach, bok choy, kale, collards, or chard. Simmer another

10 minutes, add herbal salt or other seasonings.

From: Lynnet Bannion on the PaleoFood list

#### Tom Kha Kai (Thai Coconut Chicken Soup)

---

4 cubed skinless boneless chicken breast halves  
2 cups coconut milk (canned, in the Oriental foods section)  
1 teaspoon Laos powder (from an Oriental grocery)  
2 chopped green onions  
4 chopped serrano chiles  
2 teaspoons powdered lemon grass (from an Oriental grocery; or use fresh lemon grass)  
1 juiced lime

Bring 1 cup coconut milk to boil. Add chicken, lemon grass, and Laos. Cover and simmer until chicken is tender.\*\* Add remaining 1 cup coconut milk, green onions and chilis. DO NOT BOIL. Stir in lime juice just before serving. \*\*Or, cook chicken with coconut milk and seasonings in the microwave at about 50% power for 20 minutes. Makes the broth especially rich!

From: gilcat2@aol.com (Gilcat2) in rec.food.recipes

Adapted by Patti Vincent

#### Smoked Turkey Gumbo

---

First part of Recipe

Tall stock pot or other suitable pot

One Turkey carcass (Including what meat remains on bones)

one large onion, quartered

one stalk celery

2 or 3 cloves garlic

water to cover carcass

Bring to a boil and simmer over night or all day if preferred. Remove carcass and strain broth. Set aside. I use another skillet and use about 1/2 cup oil (could be bacon grease) equal amount of flour (don't know what you would sub. for that.)

Make a roux with flour and oil ( that means to brown with out burning)

One large onion chopped,

2 or 3 cloves garlic chopped

1 or 2 stalks of celery chopped

1 pkg of cut frozen Okra (Or fresh if you are lucky enough to get it.)

1 bunch green onions chopped

Add above ingredients to the browned roux . Stir veg. till tender. (The okra

won't be slimy anymore.)

Add to strained broth.

1 can crushed tomato's (I use a large size can, you can omit if you don't like tomato's)

1 lb. pkg smoked sausage or 1 lb. ham cubed cut up sausage into small pieces or cube the ham and brown in skillet. Add to the broth and stir all remove meat from bones and add meat to pot.

At this time I add Salt, Pepper and Red pepper (To taste)

1 or 2 Bay leaves added to pot.

Simmer till you can't wait any longer, then serve. (Traditionally over rice

but you don't need to. It is good by itself.)

You don't have to make the roux. That is just tradition, it doesn't really thicken the gumbo, it just gives flavor.

From: Mary Spillman

---

## PaleoFood Recipe Collection Contents

## **Eggs: Baked, Boiled, Skillet, and Quiche Crusts**

### **Baked**

#### Baked Eggs in Bacon Rings

-----  
6 strips nitrite-free bacon or fresh pork side  
melted bacon fat for brushing tins  
4 slices tomato, each about 1/2 inch thick  
4 eggs  
pepper to taste  
chopped onions (optional)

Preheat the oven to 325. Cook bacon in a skillet over medium heat until it begins to shrivel, about 3 minutes. Remove from heat. Brush 4 cups in a muffin tin or 4 small ramekins with bacon fat. Place a tomato slice in the bottom of each cup. Circle the inside of each cup with 1 1/2 strips of bacon. Break an egg into each muffin cup and season with pepper. Can add chopped onions. Fill any unused tins with water to protect them from burning. Bake in the oven for 20 minutes. To serve, loosen the edges of the eggs with spatula and transfer the eggs to plates. Serves 2.

Adapted from Dr. Atkins' Quick and Easy New Diet Cookbook:

#### Coconut Custard

-----  
1 14 oz can coconut milk  
1/8 C raw honey  
1/4 t nutmeg  
2 eggs

Combine all and pour into custard cups or a casserole baking dish (about 6" x 8" or so). Top custard with another 1/4 t nutmeg if desired. Insert custard cups or baking dish in a larger pan and fill with hot water half way up the side of your custard pan. Bake in a 325 degree oven. 30 minutes for cups, 1 hour for dish. Done when a knife comes out clean.

From: Patti Vincent

### **Boiled**

#### Myra's Chopped Egg and Onion

-----  
12 hard boiled eggs, peeled  
1 small onion, diced fine

1/3 cup schmaltz  
White pepper to taste

Chop the eggs to your own preference (I prefer pretty finely chopped eggs). Set aside. Saute the onion in the schmaltz until it starts to brown. Add the onion and schmaltz to the chopped eggs and mix well. Add pepper to taste, and chill. Makes about 4-6 servings.

Note: You can spread this on celery! You can substitute vegetable oil for the schmaltz.

From Betty

#### Myra's Chopped Mushrooms, Eggs and Onion

---

1 medium onion, finely diced  
1/4 cup schmaltz or vegetable oil  
10-12 medium white mushrooms, finely chopped  
12 hard boiled eggs, peeled and finely chopped  
Freshly ground black pepper to taste

Saute the onion in the schmaltz or oil until golden brown. Add the mushrooms and saute another 5 minutes or so, stirring frequently, until mushrooms are softened and turned dark. Remove from heat and let cool. Mix together with the eggs and pepper. Chill until ready to serve.  
Makes 6 to 8 servings.

Note: I really like this as an appetizer.

From Betty

## Skillet

#### Puffy Omelet

---

4 eggs, separated  
1/4 cup water  
1/8 teaspoon pepper  
1 tbsp. butter

Beat egg whites and water in small mixer bowl until stiff but not dry. Beat egg yolks and pepper in another bowl until very thick and lemon colored, about 5 minutes. Fold into egg whites. Heat butter in 10-inch ovenproof skillet until hot enough to sizzle drop of water. Pour omelet mixture into skillet; level surface gently. Reduce heat. Cook slowly until puffy and light brown on the bottom, about 5 minutes. (Lift omelet at edge to look at color.) Cook uncovered in 325 degree oven until knife inserted in center comes out clean, 12 to 15 minutes. Tilt skillet; slip pancake turner or spatula under omelet to loosen. Fold omelet in half, being

careful not to break it. Slip onto warm plate.  
From Pam at <http://www.ilovejesus.com/lot/locarb/>

### Cherokee Green Onions and Eggs

---

-3 Tbsp bacon fat

-2 bunches of wild green onions, whites and crisp green tops, trimmed and sliced in 1/4" rounds, or you may substitute shallots, chives, garlic (or "Chinese") chives, young leeks, or any combination for as much as half of the green onions.

-1/4 cup water

-7 large eggs or 6 jumbo eggs

-pepper (optional)

Heat bacon fat in a large heavy skillet over medium heat. Add green onions and turn in fat to coat. Lower heat, cover, and simmer for about 5 minutes. Uncover and add water. Cook over low heat for about 10 minutes more, stirring occasionally, until green onions are tender but not brown. If water is all absorbed, add more by tablespoons. Break eggs into the skillet and stir with a fork until they are scrambled. Raise heat to medium. Continue to stir until eggs are as cooked as desired. When they are nearly done, adjust the seasonings. Serves 3-4.

Adapted from Regional American Classics, California Culinary Academy.

### My Favorite Dinner Omelet

---

1 cup of chopped fresh spinach

4 chopped green onions

1 clove of fresh chopped garlic

1/2 cup of portabella mushrooms

3 eggs

1/4 cup V-8 juice

pepper, cayenne pepper to taste

Saute chopped vegetables in hot olive oil. Beat eggs, V-8 juice and seasonings in bowl. Pour eggs over sauteed vegetables and cook until firm. Flip omelet and cook other side until firm. Garnish with fresh tomato slices and serve.

From Binnie

## Quiche Crusts

### Quiche Crust, or Nutty Nut Patty

-----  
1 cup sunflower seeds  
1 cup almonds  
3 carrots  
1 garlic clove  
1 beet  
2 celery stalks  
1/2 onion  
1/2 cup parsley  
lemon juice

Soak sunflower seeds and almonds separately for eight to 12 hours and rinse. Alternate putting the sunflower seeds, almonds, carrots, garlic and beets through the food processor or blender and into a bowl. Stir the mixture adding finely diced celery, onion, bell peppers and parsley, spicing with lemon juice to taste. Form into a crust shape or patties 1/2 inch thick by two to three inches round. Warm in dehydrator at 105F until warm or a low temperature oven-200F

From Susan

---

## PaleoFood Recipe Collection Contents

## Hors d'Oeuvre

### Fresh Cilantro Salsa

-----  
2 cloves garlic

1 large onion, quartered

1 green bell pepper, quartered & seeded

3 to 4 jalapeno peppers

6 tomatoes, peeled, seeded and chopped or 2 cans (16 oz each)

plum tomatoes, drained and chopped

1 cup fresh cilantro

some salt to taste

freshly ground pepper to taste

1. place the garlic in the bowl of a food processor and process until it is minced. Add the onion and peppers and process with on/off pulses until they are barely chopped.

2. Add the tomatoes and cilantro and process until combined but slightly chunky. Add salt and pepper. Refrigerate until ready to use.

Yield: 2 & 1/2 cups

From: "Charleston Receipts" via LKS

### Non-dairy Cheese Ball or Log

-----  
1 can coconut milk

1 envelope Knox gelatin

1/2 C walnuts

1/2 C almonds

1 C well cooked carrots

1 t sea salt

2 1/2 t onion powder

1/2 t garlic powder

1/3 C lemon juice

Blend all in food processor - pour in to container and chill till firm - remove and roll in chopped nuts, chives or parsley.

From: Patti Vincent

### Mild Herb Pepper Non-dairy Cheese

-----  
Add 2 envelopes unflavored gelatin to 4 T water and let stand five minutes.

On low heat in a sauce pan combine:

1 can coconut milk and gelatin. Stir until gelatin is completely dissolved then add:

1 C mashed well cooked carrots

1/2 t turmeric  
1 t salt  
3 t onion powder  
2 t garlic powder  
1/4 t cilantro or parsley  
1/4 t basil  
1/2 t cayenne pepper  
1/4 C lemon juice

Pour into a mold and chill till set

From: Patti Vincent

Cruditiès

-----  
There are always many things available in the markets that can be used for this:

asparagus (very young only)  
broccoli  
carrots  
cauliflower  
celery  
cherry tomatoes  
mushrooms  
peppers: yellow, red, green  
radishes  
scallions  
squashes: zucchini, pale green, yellow  
sugar snap peas (not paleo, for guests)

Fruit Bowl

-----  
Can include: Apple, Grapes (Monarch and Green), Kiwi, Melons (Cantaloupe and Honey Due), Peaches, Raspberries, Strawberries. Bananas?

Ambrosia

-----  
Mixed fruit in a bowl with a little orange juice just to coat the fruit and keep it from turning brown. I think then banana could also be added to that. They would turn brown fast otherwise. Shredded coconut could also be added if one wanted.

From: Patti Vincent

My Favorite Snack

Stuff fresh celery sticks with almond, hazel or sunflower butter from  
Walnut Acres  
From: Binnie

#### Oyster Spread

-----  
1/2 cup mayonnaise (more or less, see directions)  
1 can smoked oysters, chopped  
1/2 cup ripe olives, minced  
garlic powder  
lemon juice

Combine mayonnaise, smoked, oysters and olives and mix well. Add garlic salt and dash of lemon juice to taste. You decide how much mayonnaise you want to use.

Submitted by: ajewell@sound.net

Adapted by Patti Vincent

#### Deli Chopped Liver

-----  
1 pound chicken livers, trimmed  
2 medium onions, chopped  
1/4 cup rendered chicken fat  
1/2 tsp. pepper  
2 hard-cooked eggs halved

Broil chicken livers about 4 inches from heat, turning frequently, until browned outside and no longer pink inside, 5-10 minutes. Meanwhile, in a large skillet, cook onions in chicken fat over med. heat until golden brown, about 10 minutes. Scrape onions and fat into food processor. Add livers, and pepper, and pulse until coarsely chopped. Add eggs, and chop until desired consistency. Makes about 2 cups.

From: 365 Ways to Cook Chicken by Cheryl Sedaker.

## **Shrimp - Cold**

## **Non-paleo Section - for guests**

Now, you can't expect all your guests to be paleo, so we bend the rules on these party items:

Bill's Hummus

-----  
2 cups cooked garbanzo beans  
2/3 cup tahini  
3/4 cup fresh lemon juice  
5 cloves garlic  
1 teaspoon salt

Combine everything into a food processor and process until smooth. If it's too thick, add a little water & process. (I don't think I use that much lemon juice, but it might be nice...)

From: "Charleston Receipts" via LKS

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## PaleoFood Recipe Collection Contents

## **Salads (Greens, Fruit, Tomato, Other No Meat, With Meat)**

### **No Meat: Greens**

#### **Gujerati Carrot Salad**

-----  
5 carrots, medium  
1 tbs. whole black mustard seeds  
1/4 tsp. salt  
2 tsp. lemon juice  
2 tbs. olive oil

Trim and peel and grate carrots. In a bowl, toss with salt and set aside. In a small heavy pan over medium heat, heat oil. When very hot, add mustard seeds. As soon as the seeds begin to pop, in a few seconds, pour oil and seeds over carrots. Add lemon juice and toss. Serve at room temperature or cold. Yield: 4 servings.

Recipe by Madhur Jaffray, publ. in The Toronto Sun  
From: Mrarchway via Amanda

#### **Carrot-Ambrosia Salad**

Recipe By : The Southern Living Cookbook, 1987, 8487-0709-5  
Serving Size : 6 Preparation Time :0:00  
Categories : Salads

Amount	Measure	Ingredient -- Preparation Method
1	pound	carrots -- shredded
20	ounces	crushed pineapple -- drained
8	ounces	Coconut milk
3/4	cup	flaked coconut
3/4	cup	golden raisins
2	tablespoons	honey

Combine all ingredients, tossing well. Cover and chill.

Yield: 6 to 8 servings.

Busted by Gail Shermeyer <4paws@netrax.net>

Posted by addicts@winternet.com to rec.food.recipes

Adapted by Patti Vincent

-----

#### **Chickweed Salad**

-----  
4 teaspoons fresh lemon juice

4 teaspoons walnut oil

Salt and freshly ground pepper

6 cups chickweed leaves and tender stems (about 6 ounces)

Pour the lemon juice into a large bowl. Gradually whisk in the oil. Season with salt and pepper. Add the chickweed, toss until evenly dressed and serve at once. This is delicious, and barely a recipe. Chickweed is the flavor of summer; it tastes the way freshly shucked corn smells--raw and haylike. Substitution: Any mild green, such as lamb's lettuce will do.

Servings: 4

--Jean-Georges Vongerichten

From: <http://www.pathfinder.com/FoodWine/trecipes/606.html>

### Spring Salad

500 mL (2 cups) oxeye daisy sprigs

500 mL (2 cups) dandelion leaves

250 mL (1 cup) violet leaves and flowers

### Dressing

125 mL (1/2 cup) olive oil

45 mL (3 tbsp) lemon juice

15 mL (1 tbsp) prepared hot mustard

45 mL (3 tbsp) capers, minced (optional)

salt

pepper

Combine salad greens and flowers. Combine oil, lemon juice and mustard. Mix well. Add capers, salt and pepper to taste. Pour dressing over salad, toss and serve. Makes 4 servings.

From: The Wild Food Gourmet by Anne Gardon (Firefly, \$24.95).

### Yard Salad

1 small bunch fresh spinach

12 dandelion leaves

1/2 cup pink sorrel leaves, loosely packed

1 apple, cored and cut into bite-sized pieces

1/2 cup pecan halves

You may substitute appropriate fresh greens for the dandelion and sorrel leaves. Wash and destem spinach. Pick and wash sorrel and dandelions. Coarsely chop dandelion leaves, and tear spinach, then toss dandelion, sorrel and spinach together in a stainless steel bowl. Put aside in refrigerator to drain and cool. When drained, pour off excess water, and add apple and pecans. Toss with dressing and serve.

Adapted from Jack's Skillet, by Jack Butler

## Spinach Salad

---

2 bunches fresh spinach  
1 bunch scallions, chopped  
juice of 1 lemon  
1/4 tbsp olive oil  
pepper to taste

Wash spinach well. Drain and chop. After a few minutes, squeeze excess water. Add scallions, lemon juice, oil and pepper. Makes 6 servings.

From: Eat Right for your Type by Peter D'Adamo

## Fresh Spinach Salad

---

1 lb. fresh spinach, washed, drained and torn into desired pieces  
1 can sliced water chestnuts  
1 lb. fresh mushrooms, sliced thinly  
1/2 lb. bacon, cooked and crumbled  
4 hardboiled eggs, sliced

Make sure spinach has been well drained and isn't watery.

Combine all above salad ingredients in a large bowl. (I usually toss the spinach, mushrooms, and water chestnuts together then top with bacon and sliced hardboiled eggs as garnish until time to serve.) Chill. This is also another "most requested" dish at family dinners and is a wonderful change from a plain iceberg lettuce salad. Leftovers don't keep well, spinach tends to wilt down. So eat it all at the first serving or shortly thereafter.

From: cyndeed@aol.com (Cyndee D) in rec.food.recipes

## The BIG Salad

---

I take all kinds of greens (dandilion, mesclun, baby spinach, red lettuce, green lettuce, ice burg, boston...) I wanted people to see what they were used to and some stuff they weren't Then I went wild, adding red/green cabbage, bell peppers, tomatoes, cucumbers, onions, garlic, scallions, shallots, carrots, herbs (dill, parsley, thyme, cilantro) and whatever was in the frig. I put it in a large glass bowl so there were layers of color. People were so attracted to it. Again, it was near the front of the feed line:)

From Tammy Young at <http://www.rawtimes.com>

## Warm Watercress and Pine Nut Salad

-----  
Watercress used to be a drab and unexciting vegetable, usually only used as a garnish. Now it has taken front seat as a main part of the meal. Even fussy eaters will welcome this nutritious and tasty dish.

1/4 cup olive oil  
1 lb. watercress, finely chopped  
1 large garlic clove  
1/2 cup diced bacon  
1/4 cup pine nuts  
1/2 tsp salt  
1/4 cup hazelnuts, finely chopped  
1/2 tsp pepper

In a heavy 12 inch skillet, heat the olive oil. Cut the garlic clove in half lengthwise and add it to the oil. Cook for 2 minutes, stirring constantly. Remove the garlic and discard. Add all the nuts and cook for 5 to 6 minutes, or until they are browned. Add bacon, salt and pepper. Cook 2 to 3 minutes. Dry watercress before you add it to the oil. Working fast, toss watercress into mixture, making sure it is well coated and barely heated through. If left too long it loses some of its crispiness. Season to taste and serve immediately.

From: <http://www.cobjon.com/ecsong/cookbook.html>

## No Meat: Fruit

### Sunny Apple Salad

-----  
2 medium red apples, diced  
1 medium green apple, diced  
1 medium carrot, grated  
1 can (8 oz.) crushed pineapple, drained  
3 Tablespoons orange juice concentrate

In a bowl, combine all ingredients; mix well. Cover and refrigerate until serving.

From: Quick Cooking, Sept/Oct 1998

### Cranberry Apple Salad

-----  
2 Tablespoons agar-agar flakes or gelatin  
2 cups apple juice  
1 cup cranberries  
2/3 cup diced pineapple  
2/3 cup grapefruit sections, diced

1 cup celery, chopped  
2 Tablespoons raw honey

Soften gelatin in a half cup of apple juice. Heat remaining juice and add to gelatin. Mash cranberries and add to gelatin with other fruits, celery and honey. Pour into 1-1/2 quart mold. Chill until firm. Unmold and serve, serves 6-8.

From: Natural Foods Cookbook by Maxine Atwater

#### Fruit Salad

---

I took the juice of one lemon and put it in a large bowl with dried currents, cranberries, white rasins, and chopped pecans. I allowed the fruit to soak up the juice while I did the following. I peeled and sectioned grapefruit and oranges, letting the juice drip into the bowl with the lemon juice. Cut up a few different types of apples (red del., granny smith, macintosh) Cut up a few different types of grapes (globe, concord, white) Then mixed the whole thing up It is colorful and sweet and when placed at the front of the buffet (right next to the plates) people put so much on their plate they don't have much room for the rest of the junk.

From: Tammy Young at <http://www.rawtimes.com>

#### Tropical Fruit Salad with Coconut Milk

---

1 large pineapple  
1 large mango  
1 large papaya  
1 firm but ripe banana  
2 or 3 tangerines, peeled and separated into sections  
1/2 cup thin coconut milk

If desired, make pineapple boat: Starting at base, split pineapple in half lengthwise, stopping before you reach crown. Carefully separate halves, leaving entire crown attached to one half. With a curved grapefruit knife, cut fruit away from skin of this half, leaving a shell 1/2" thick. Pare other half of pineapple. Remove tough core from both halves, cut fruit into long wedges, and slice crosswise into bite-sized chunks. Place in a large bowl. Wash mango well. With a paring knife cut off wedges of flesh with skin, avoid stringy fibers around large seed. Peel wedges; cut fruit into bite-sized pieces. Split papaya lengthwise and scoop out seeds. Cut flesh into wedges, peel and cut up like the mango. Add mango and papaya to pineapple in bowl. Peel and slice banana. Add with tangerines to bowl and pour in coconut milk. Toss gently to combine, taste for balance of sweet and tart flavors, correct if necessary with lime juice.

Serve in pineapple boat (there will be enough to refill pineapple boat

several times).

From: Regional American Classics, California Culinary Academy.

### Grapefruit Walnut Salad

-----  
2 Tablespoons agar-agar flakes or gelatin  
1-1/2 cup boiling water  
3/4 cup grapefruit juice  
1 Tablespoon lime juice  
1/3 cup walnuts, broken  
1/2 cup grapes, halved  
1/2 cup red apples, diced but unpeeled  
2 grapefruits, sectioned  
1/4 cup apple concentrate

Dissolve gelatin in boiling water. Add grapefruit juice and lime juice. Chill until thickened. Stir in fruits, walnuts and apple concentrate. Pour into 1-1/2 quart mold and chill several hours until firm. Unmold and serve.  
Serves 6-8

From: Natural Foods Cookbook by Maxine Atwater

### Pineapple Fruit Salad

-----  
2 cups pineapple chunks, drained, unsweetened  
2 cups seeded red or purple grapes  
1 cup shredded moist coconut  
1 cup diced orange sections

Mix together, and toss with Palm Fruit Dressing:

Mix together 1 cup mayonnaise, 1/2 cup crushed pineapple, 1 cup crushed banana, 1/4 cup fresh grated coconut.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

## No Meat: Tomato

### Salsa Salad

-----  
1 bunch of cilantro  
5-6 roma tomatoes  
1 small yellow or red onion  
1 small chili pepper  
2 ripe avocados.  
handful of whole dulse leaf

Chop cilantro, dice tomatoes, dice onion, finely dice chili pepper, dice avocado. After dicing each ingredient add to large bowl. Tear whole dulse leaf into bite size pieces, add to bowl. When finished, toss.

From: [www.rawtimes.com](http://www.rawtimes.com)

#### T.C.'s Super Salad

-----  
2 to 3 lbs. of tomatoes

4 med. or lg. avocados (or 1lb chopped or ground nuts or seeds)

4 stalks celery

4 lg. red (or green) bell peppers

2 lbs. bok choy stalks and greens

Optional: 1 grapefruit

Dice the tomatoes, celert and the bell peppers.

Quarter, peel and dice the avocados.

Cut up the bok choy.

Place all ingredients in a bowl and mix together.

Optional: Squeeze the juice from the grapefruit and use for dressing.

(4 - 6 Servings)

From: [www.rawtimes.com](http://www.rawtimes.com)

#### Tomato Salad Curry

-----  
6 large ripe tomatoes, peeled, seeded and chopped

1 small white onion, grated

1/4 tsp. coarsely ground pepper

1/2 cup mayonnaise (use NeanderThin recipe)

2 Tbsp minced fresh parsley

1 tsp. curry powder

Combine tomatoes, onion and pepper; cover and chill for 3 hours. Combine mayonaise, parsley and curry; cover and chill for 3 hours. To serve, spoon tomato mixture into small bowls and top each with a spoonful of mayonnaise mixture.

From: Sherri Cobb, in 3 Rivers Cookbook III

#### Salsa Fria

-----  
1 jalapeno pepper or more to taste, fresh or canned and drained, seeded and chopped fine  
2 large ripe tomatoes, peeled and chopped  
1 medium onion, minced  
2 tbsp olive oil  
juice of 1 lemon

1/2 tsp dried oregano  
pepper to taste

Combine all ingredients and mix well. Refrigerate covered until ready to eat.

From: Nika Hazelton's Way with Vegetables

## No Meat: Other

Carrot Salad

I buy the packaged shredded carrots at the store. Put the carrots in a microwave veg. cooker, along with a handful of golden raisins. Nuke for 3 mins. at 40% power. Drain and let cool a little. This is just to make the carrots a softer and more receptive to the dressing. You can also pour some boiling water over the carrots or just leave them plain and crunchy. Toss in a can of drained pineapple chunks - the kind in their own juice - and some sunflower seeds or walnuts. Mix about 2 tablespoons of the drained pineapple juice with mayo and toss with all the rest. This same juice -thinned mayo is great for fruit salad.

From: Beverle

A Better Carrot Salad

Dried fruit (cranberries, currents, rasins, cherries, dates) Juice one orange. Put in container to allow fruit to soak up juice. 5 Carrots grated (I grate some thin and some medium and some thick). Chop 1/4-1/2 cup assorted nuts (pecans, almonds, walnuts) mix together and put in frig for a few hours to allow all the great flavors to make love to each other =:o For those with sweet tooths (is that a word?) you can add a little honey too. But be forewarned, the carrots and fruit make it really sweet already.

From: Tammy Young at <http://www.rawtimes.com>

Carrot Salad

1/4 cup NeanderThin mayonnaise  
3 tablespoons fresh lemon juice  
1 tablespoon pure maple syrup  
1-1/2 pound carrots, peeled and grated

Mix mayo, juice, and syrup in a small bowl. Add carrots; toss to mix. Let stand at room temperature for one hour and then serve.

Adapted from Family Circle Nov. 98

## Binnie's Slaw

---

1/2 head of cabbage  
3 or 4 carrots  
1 onion  
1 cup of Ray's mayonnaise (from Neanderthin)  
1 egg beaten  
2 Tbsp. honey  
1 Tbsp. fresh lemon juice  
pepper to taste

Grate cabbage, carrots and onion and mix together. Make dressing by mixing beaten egg, mayonnaise, honey, lemon juice, and seasonings. Chill and serve.

From: Binnie

## Apple Coleslaw

---

2 cups packaged cole slaw mix (bag of chopped cabbage, in produce section)  
1 unpeeled tart apple, chopped  
1/2 cup chopped celery  
1/2 cup chopped green pepper  
1/4 cup olive oil  
2 tablespoons lemon juice  
2 tablespoons raw honey  
1 teaspoon celery seed

In a bowl, combine the coleslaw mix, apple, celery and green pepper. In a small bowl, whisk remaining ingredients. Pour over coleslaw and toss to coat. Makes 4-6 servings.

From: Ann Main in Quick Cooking, J/F '99

## Nut Sushi

---

-One Cup of Nuts (Any combination of one or more or all of these: Brazil Nuts, Almonds, Pecans, Pine Nuts, Sunflower Seeds, Pumpkin Seeds, Walnuts, Hazelnuts)  
-Raw Nori Seaweed  
-Cilantro  
-Avocado  
-Tomato  
-Garlic

Grind nuts in meat grinder (The large stainless steel variety you can buy at a home or appliance store). You may also want to use a handfull of

either pine nuts or sunflower seeds whole. Mix in one avocado, a 1/4 cup cilantro, a tomato, 2 chopped garlic cloves, and wrap in Raw Nori Seaweed, which has been torn from the large sheet into 1/8ths. Stick a toothpick through the middle to hold in place, or wrap one at a time and eat.

From: [www.rawtimes.com](http://www.rawtimes.com)

#### Fresh Mushroom Salad

-----  
2/3 cup olive oil  
1/3 cup fresh lemon juice  
1 tsp dried thyme  
pepper to taste  
1 pound fresh mushrooms, thinly sliced  
1/4 cup minced parsley  
Lettuce

Combine all ingredients except the mushrooms, parsley and lettuce, and mix well. Add the mushrooms and toss with 2 forks. Cover and let stand at room temperature. At serving time, drain and sprinkle with the parsley. Pile in a serving dish lined with lettuce.

From: Nika Hazelton's Way with Vegetables

#### Mushroom Salad

-----  
Delicious served with grilled meat!

2 Tbsp fresh lemon juice  
3 Tbsp olive oil  
1 minced garlic clove  
2 Tbsp minced fresh parsley  
1 tsp chopped fresh oregano or 1/4 tsp dry  
1/4 tsp pepper  
1 pound fresh mushrooms, very thinly sliced

Combine everything but mushrooms in a medium bowl, beat with a fork to blend. Then add the mushrooms, toss to coat with dressing, and serve immediately.

From: 365 Easy Italian Recipes by Rick Marzullo O'Connell

#### Black Olive Pesto

-----  
Blend:

1/2 cup Black Greek or regular black olives, pitted and chopped  
2 cloves of garlic, mashed, or 2 tsp pre-minced  
1 tsp basil  
1 shallot, quartered

1 tsp tarragon  
2 Tbsp lemon juice  
1/4 cup extra virgin olive oil  
1/2 cup sundried tomatoes, oil-packed, or reconstituted in hot water for 6 minutes.

Makes 2 cups.

From: "Cooking Healthy with One Foot out the Door"

## With Meat

### Shrimp Cocktail

-----  
1 pound shrimp  
6 tbsp. chili sauce  
2 tbsp. lemon juice  
1/2 tbsp. horseradish  
1/4 teaspoon grated onion  
1/3 cup finely chopped celery  
Crisp salad greens (2 cups leaves)  
lemon wedges

Cook and clean shrimp. cover and chill. Combine chili sauce, lemon juice, horseradish, onion to make cocktail sauce. Stir. Mix chilled shrimp with celery. Line cocktail cups with salad greens. Spoon in shrimp mixture. Spoon on some sauce. Garnish with lemon wedges.

From: Pam at <http://www.ilovejesus.com/lot/locarb/>

### Cold Shrimp Stuffed Avocados

-----  
3 large avocados  
juice of 1 lemon  
1 pound cooked shelled shrimp (reserve 6 whole shrimp), coarsely chopped  
1 hot chili pepper, peeled if fresh, seeded, washed and chopped fine  
1 hard-cooked egg, chopped  
2 dozen pitted green or black olives, chopped  
mayonnaise  
pepper  
3 Tbsp minced fresh coriander leaves or parsley

Cut avocados in half lengthwise, pit, and scoop out the flesh. Put the flesh into a bowl, then sprinkle the shells with a little lemon juice to prevent darkening. Mash the avocado flesh with a fork. Add the shrimp, hot pepper, egg and olives and mix well. Add enough mayonnaise, beginning with

1/3 cup, to bind the ingredients together. Pepper to taste. Stuff the avocado shells with this mixture. Top each with one of the reserved shrimp and sprinkle with coriander. 6 servings.

From: Nika Hazelton's Way with Vegetables

#### Mushroom and Shrimp Antipasto

---

1 celery rib, halved

1/2 small onion

1 sprig fresh thyme or 1 tsp dried

1/2 lemon plus 1 Tbsp fresh lemon juice

3 whole peppercorns, crushed

1/8 tsp hot pepper flakes

1/2 cup chopped tomato

1/8 tsp pepper

8 ounces fresh mushrooms, quartered

12 romaine lettuce leaves

12 ounces medium shrimp, shelled and deveined

1/2 cup mayonnaise (use a paleo recipe)

1 Tbsp chopped fresh basil or 1/2 tsp dried

In a nonreactive saucepan, bring the 6 cups of water to a boil, with the celery, thyme, 1/2 lemon, peppercorns and hot pepper flakes. Boil 3 minutes. Plunge shrimp into boiling water and cook until they just turn pink, 2-3 minutes. Drain in a colander and rinse under cold running water. Transfer shrimp to a bowl; discard vegetables and lemon half. In a small bowl, combine mayo, tomato, basil, pepper and 1 Tbsp lemon juice. Beat with a fork to blend. Add mushrooms and shrimp and toss to coat. Pile salad onto lettuce leaves.

From: 365 Easy Italian Recipes by Rick Marzullo O'Connell

#### Antipasto Chef's Salad

---

Serves 4 as a main dish, 6 as a first course.

Combine in a shallow dish:

1 cup chicken broth

1/2 cup olive oil

1 tsp. marjoram

1/2 tsp. dried oregano

1/4 tsp. dried thyme

1/2 tsp. honey

1/2 tsp. pepper

dash of cayenne

1/4 cup lemon juice (substituted for red wine vinegar)

Add:

1 pound of skinless, boneless chicken breasts, poached and julienned (cut into 2 x 1/4" strips)  
1/4 pound smoked ham, julienned  
1 medium red bell pepper, julienned  
1 medium green bell pepper, julienned  
1 medium onion, halved and thinly sliced

Toss to coat with marinade. Cover and marinate at room temperature for 2 hours, or refrigerate overnight, tossing occasionally.

To serve, drain marinated ingredients, reserving 1/3 cup of marinade. Toss reserved marinade with:

1 head of Romaine Lettuce, rinsed, dried and torn into bite-sized pieces. Put lettuce in large salad bowls, and with a slotted spoon, arrange some of the marinated ingredients on top of each salad. Garnish with: 12 Kalamata or oil-cured Mediterranean olives.

Adapted from 365 Ways to Cook Chicken by Cheryl Sedaker.

#### Meat/Chicken Salad

---

Try leftover meat tossed in a salad for a summer lunch or dinner. Steak is particularly good this way -- although leftover steak is a rare occurrence in our house! Chicken, turkey, or ham are great, too. Use romaine, plenty of fresh parsley, cucumbers, peppers, red onion. Add olive oil -- with a clove of garlic crushed in it -- and toss well before you add any other seasoning. (This tossing with the oil first makes a \*huge\* difference!) Then, on NeanderThin, I'd suggest lemon juice, oregano and pepper, maybe some of that homemade mayo if you like your dressing creamy. Mustard is good; I just add a squirt of brown mustard out of the bottle. Toss well after each addition. At the last, add the meat and sliced tomatoes. (Tomatoes go in after tossing, or they get mashed.)

From Dana:

#### James' Salmon Salad

---

At my grocery store they have 2 kinds of canned salmon: one is a small (6 oz) can, Chicken of the Sea brand, the other is generic (several brands) but all Alaskan salmon. The small can is boneless, and would no doubt be easier to eat for you.

I just make a big green salad (carrots, baby greens, tomatoes, mushrooms, red/orange bell pepper, zucchini, maybe some broccoli, whatever). I add fresh crushed black pepper, some garlic powder, and some hot pepper flakes. I make a little dressing with about 2 tablespoons of orange juice and 1 tbspn flavored olive oil (has whole herbs in the bottle). Mix all this, then just dump the salmon on top, stir it up. This tastes really great, so you should like it.

From: James Crocker  
Adapted by Patti Vincent

### Paleo Tuna Salad

-----  
1 medium onion  
2 stalks celery  
nutmeg, salt and pepper  
olive oil  
2 cans plain tuna  
1/3 cup finely chopped walnuts  
1/3-3/4 cup paleo mayo (depending on how creamy you like it)

Chop up the onion and celery, then pan fry it in the olive oil, with some nutmeg, salt, and pepper. Put it in the refrigerator to cool, if you prefer cold salad. Drain the tuna (giving the tuna water to the cats, of course!), and mix all of the ingredients together. Makes 2 large servings or 4 small servings. Its yummy stuff and makes for a great weekend lunch.

From: Charlotte Williams on PaleoFood list

### "Caveman Deli" Roast Beef Salad

-----  
This is my way to get the flavor of deli-style roast beef sandwiches without the bread.

Take 1 celery stock or some other crunchy, dice-able vegetable, or maybe even fruit or nuts. and dice up into 1/4" bits.

Take 1 sandwich worth of roast beef (about 3 oz. depending on appetite), and chop up or pull apart into small shreds.

Mix the celery (or the like) and roast beef together with a generous glob of whatever condiment or dressing you would use on the sandwich. Use enough to get a consistency similar to tuna salad. I use supermarket mayonnaise-horseradish sauce -- the horseradish adds a great spark to it! (For purists, the Neanderthin book contains a recipe for mayonnaise.) Take this mixture and plop it on a bed of salad greens, or mix it into them (or, idea from Patti: Roll up in a big lettuce leaf and eat it like a burrito).

From: Kent Multer

Adapted by Patti Vincent

### Chicken Waldorf Salad

-----  
2 cups of cooked diced chicken  
1 large tart apple, cored and diced  
1 cup chopped celery

1/2 cup chopped walnuts  
1/4 cup mayonnaise  
2 tsp. lime juice  
2 tsp. honey  
pepper

In a medium size bowl, combine chicken, apple, celery and walnuts. In a small bowl, combine mayonnaise, lime juice and honey; stir to blend well. Season to taste with pepper. Spoon dressing over chicken salad, and toss to coat.

From: 365 Ways to Cook Chicken by Cheryl Sedaker.

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## PaleoFood Recipe Collection Contents

## **Salad Dressings (Non-Tomato and Tomato Based) and Mayonnaise**

### **Salad Dressings (Non-Tomato)**

#### Dressing for Yard Salad

-----  
1 Tbsp raw honey  
1/3 cup lemon juice  
fresh ground pepper, to taste  
1 tsp minced fresh tarragon  
2/3 cup olive oil

Dissolve honey in lemon juice. Add pepper and tarragon, and stir, and then add olive oil in a cruet. Shake vigorously to blend. You only need a few Tablespoonfuls for the salad, so save the rest of the dressing for later use.

Adapted from Jack's Skillet, by Jack Butler

#### Parsley Dressing

-----  
3 Tbsp olive oil  
2 Tbsp lemon juice  
1/4 tsp onion powder  
2 Tbsp chopped parsley

Beat well the first 3 ingredients. Add the chopped parsley. Good on lettuce wedges.

Adapted from: Ten Talents Cookbook by Frank and Rosalie Hurd

#### Salad Dressing

-----  
I mix lemon juice and olive oil (about equal parts, but you can adjust to your own taste) with salt, garlic, green onions, and herbs (oregano, basil, and thyme) no particular amounts, just what feels right, and then I taste and adjust.

From: Anne Mears on Yeast-L list

#### Salad Dressing

-----  
1/4 cup basil flavored olive oil \*  
1 clove garlic diced  
1/4 tsp superfine ground mustard  
1/4 tsp oregano  
fresh squeezed lemon juice (1/4 small lemon)

salt and pepper to taste  
shake well.

\* available from Censorzio Foods 800 288 1089  
(we buy it at a local store and haven't tried mail order)

You can probably improve on this recipe, we're still experimenting with it.  
From: Darice Sweet. Posted to Yeast-L list.

#### Honey Mustard Dressing

-----  
1/2 C spring water  
1/2 C olive oil  
1 t mustard powder  
1 pinch of white pepper\*  
1/8 t garlic powder  
2 T honey

\*Add up to 1/8 t white pepper for a peppercorn dressing, all other ingredients stay the same

I was thinking that a creamy dressing could be made out of this by adding a cooked, and then cooled egg yoke and blending it all up. I haven't tried the creamy version yet tho.

From: Patti Vincent

#### Lime, Oil and Garlic Dressing

-----  
1/4 teaspoon kosher salt, plus a little more if needed  
1 teaspoon finely chopped garlic  
2 tablespoons finely chopped shallots  
1/3 cup lime (or lemon) juice, plus extra, if needed  
1 cup extra-virgin olive oil, plus extra, if needed  
Freshly ground black pepper

In a small bowl, whisk the salt, garlic, and shallots with the lime juice, until the salt is dissolved. Slowly whisk in the oil until emulsified. Taste. Season with pepper and a little more salt, if needed, and add more lime juice or oil, if needed.

Makes 1 1/3 cups

From: French Food American Accent by Debra Ponzek via Kay in RFC

#### Herb Dressing

-----  
Chop together very fine:  
2 stalks celery and leaves

2 small green onions + tops

4 sprigs parsley

Add:

1 tsp. paprika

1/4 tsp. dried basil

1/8 tsp. marjoram or rosemary

Add to above:

1 cup olive oil

2/3 cup lemon juice

Shake vigorously in tightly covered jar until well blended. Allow to stand in refrigerator until flavors are blended.

From: Ten Talents Cookbook by Frank and Rosalie Hurd

Ceaser Salad Dressing Recipe

-----  
1 raw or coddled egg

3 tbsp lemon juice

garlic

1 cup olive oil

2 oz tin anchovies with capers packed in olive oil

Blend first three ingredients. Slowly drizzle in oil, blending continuously. Blend until dressing thickens. Add entire contents anchovies tin, blend.

From: Kathleen on PaleoFood List

Ranch Dressing

-----  
1 C paleo mayo

1 C coconut milk

1 t dried dill

1/2 t garlic powder

Pepper to taste

Mix all together. Better if refrigerated for one hour before serving but not necessary. Should be noted that this tastes just like regular dressing, no coconut taste at all. Great as a salad dressing or dip for raw veggies.

From: Patti Vincent

Salad Dressing

-----  
4 large raw carrots

1 cup raisins  
1 T orange juice  
lettuce

Using a hand grinder (like you would grind meat with) put through and grind the carrots and raisins. Add 1 T orange juice to finished mixture and mix with lettuce.

From: a child's cookbook from 1931

Paleo Salad Dressing

-----  
Tahini

garlic

chopped parsley

lemon juice

salt, etc. to taste

Mix.

From: Kim Tedrow on the PaleoFood list

Tartar Sauce

-----  
1 C paleo mayo  
1/4 C finely chopped onion  
1 T lemon juice  
1/2 t dried dill

Mix ingredients together. The flavor is best after chilling for an hour before serving.

From: Patti Vincent

## Salad Dressings (Tomato Based)

Russian Salad Dressing

-----  
1 cup tomatoes (whole canned) or thick juice  
1/2 cup olive oil  
1/2 cup lemon juice  
1 Tbsp honey  
1 tsp paprika  
1 small green onion OR 1 tsp onion powder  
optional - 1 tsp horseradish powder  
optional - 1 garlic clove

Blenderize until smooth, makes about 2 cups.

From: Ten Talents Cookbook by Frank and Rosalie Hurd

#### Tomato Dressing

-----  
1/3 cup tomato puree  
1/2 cup olive oil  
1/3 cup lemon juice  
1 clove garlic  
1 onion, chopped  
1 Tbsp honey

Whizz in blender until smooth.

From: Ten Talents Cookbook by Frank and Rosalie Hurd

#### Atkins Vinegar and Sugar-Free Ketchup

-----  
2 cups Tomato Paste (no "flavorings" or salt)  
1/2 cup lemon juice  
1/2 cup water  
1 t oregano  
1/8 t cumin  
1/8 t nutmeg  
1/8 t pepper  
1/2 t dry mustard  
dash garlic powder

Place all ingredients in a blender or food process and blend well.

Refrigerate.

Makes 40 tablespoons/carbs per Tablespoon: 0.6

From: alt.support.diet.low-carb

#### Salad Dressing

-----  
Olive oil and lemon juice in a three to one ratio  
about 1 tablespoon of tomato paste  
a couple of slices of fresh onion  
approx. 2 cloves garlic  
about 2 tsps mustard.

Whirl in the blender and toss with hot, nuked broccoli florets. Of course it can be used on salad.

From: Beverle

## Mayonnaise

Aioli, the famous garlic mayonnaise of Provence

-----  
4-6 large garlic cloves, peeled  
2 egg yolks, lightly beaten--at room temperature  
about 2 cups olive oil--at room temperature  
lukewarm water  
juice of 1 lemon

Pound the garlic cloves to a paste. Add the egg yolks. Mix in a bowl with a wooden spoon (or use a marble mortar and wooden pestle), always turning in one direction, until the garlic and eggs have assimilated and are just beginning to get pale. While doing this, add about 4 Tbsp. of oil, very very slowly, drop by drop. The mixture should be thick. Add 1 Tbsp of water and 1 tsp of lemon juice and continue stirring, adding the oil in a very thin stream. When the mixture gets too thick again, add 1 more tsp. each water and lemon juice. Repeat until all oil is used. If the mayonnaise separates, Put it into a clean bowl. Add a garlic clove, 1 tsp of lukewarm water, and 1 egg yolk. Crush and mix together. Add the separated mayonnaise by teaspoons to the bowl, stirring constantly in one direction.

From: Nika Hazelton's Way with Vegetables

Cooked Mayo

-----  
2 egg yolks  
2 tbls lemon juice  
2 tbls water  
1 teas dry mustard  
Dash pepper  
1 cup very light olive oil

In small saucepan, stir together egg yolks, lemon juice, water, mustard, and pepper until thoroughly blended. Cook over very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Let stand 4 minutes. Pour into blender container. Cover and blend at high speed. While blending, very slowly add oil. Blend until thick and smooth. Occasionally, turn off blender and scrape down sides of container with rubber spatula, if necessary. Cover and chill if not using immediately.

From: Molly NiDana

Blender Mayonnaise (1 1/2 cups)

-----  
1 whole egg  
1/2 teas dry mustard

1 cup olive oil  
1 1/2 tbls lemon juice  
1 tbls boiling water

Place the egg, mustard and 1/4 cup of the oil in an electric blender. Turn on the motor and add the remaining 3/4 cup oil in a slow, thin stream. Add the lemon juice and water. Refrigerate. Note: if using a food processor, add an extra egg yolk, omit the water, use up to 1/2 cup more oil, and adjust lemon juice to taste.

From: The Fannie Farmer cookbook, via Vickie

Blender Green Mayonnaise (1 3/4 cups)

-----  
3/4 cup fresh mixed greens: parsley, watercress, young spinach leaves  
1/4 cup fresh basil, tarragon or dill  
1 egg + 1 egg yolk  
1 cup olive oil  
1 1/2 tablespoons lemon juice  
ground pepper to taste

Place the greens and the herb with the egg, egg yolk, and pepper in an electric blender or food processor and blend until the greens are pureed. Start adding the oil in a slow, thin stream until the mixture becomes too thick, then add the lemon juice and continue until all the oil is used up. If too thick, add a small amount of boiling water. Taste and refrigerate in a covered bowl or jar. Note: This must be used within a few days; after that the greens tend to turn sour. If you plan to keep it longer, blanch the greens for a minute in boiling water, then squeeze dry before using.

From: The Fannie Farmer cookbook, via Vickie

Lemon Mayonnaise

-----  
1 egg  
pepper to taste  
1 Tbsp. lemon juice  
3/4-1 cup/200-250 mL olive oil

Put all ingredients into a bowl or beaker. Introduce the handblender to base of the bowl, switch it on and hold in position until the oil emulsifies.

From Braun Handblender booklet

This is also quite nice with 1/2 teaspoon of dry mustard powder and/or garlic added.

For a more seafood-thousand island type dressing, simply add a tablespoonful of tomato puree.

## PaleoFood Recipe Collection Contents

## Fruits: Cold and Cooked

### Cold (alphabetical by fruit)

#### Totally Junked Ambrosia Salad

Recipe By : The Fat Free Junk Food Cookbook by J. Kevin Wolfe  
Serving Size : 8 Preparation Time : 3:00  
Categories : Posted Power Picnicking

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	arrowroot powder
2	tablespoons	water
2	cans	fruit, juice of -- (15 ounce) your choice
		water -- as needed
1/8	cup	honey
		fruit -- from above
4	cups	fresh fruit -- * see note

\* Go for at least 6 different fruits:

strawberries, kiwis, apples, grapes, peaches, pears, melon, tangerines, oranges, blueberries, cherries, or pineapple.

In a medium saucepan mix the arrowroot powder and water until well blended. Measure the juice from the cans of fruit, add enough water to make 2 cups. Add the juice and water mixture and honey to the saucepan. Boil until the mixture is clear. Let cool. Meanwhile, put the canned fruits in a large serving bowl. Cut up the fresh fruit into the serving bowl. Pour the cooled syrup over the mixed fruit. Chill for several hours before serving.

TIP: If you live in a bomb shelter with no access to fresh fruit, 4 additional 15 ounce drained cans of fruit may be used in place of the fresh fruit.

MasterCook formatted by Christopher E. Eaves

Posted by addicts@winternet.com to rec.food.recipes

Adapted by Patti Vincent

#### AMBROSIA SALAD

Recipe By : FOOD IN A FLASH % SHOW #FF2108  
Serving Size : 1 Preparation Time : 0:00  
Categories :

Amount	Measure	Ingredient -- Preparation Method
1	can	mandarin oranges -- drained
1		apple -- cut into small chunks
2		kiwifruit -- peeled and sliced
1	cup	halved strawberries
1/2	cup	coconut milk
2	tablespoons	raw honey
1/4	teaspoon	ground cinnamon
2	tablespoons	toasted shredded coconut
		Lettuce leaves

In a large bowl, add mandarin oranges, apple and kiwi and strawberries. Mix well. In a small bowl, mix together coconut milk, honey, cinnamon and toasted coconut. Pour dressing onto fruit. Mix well. Pour fruit mixture onto lettuce leaves. Chill until ready to serve. Approximately 5 minutes.

Posted by addicts@winternet.com to rec.food.recipes

-----

#### Apple Peach Walnuts Cream- A Vitamix recipe

-----

1 Apples  
 2 Peaches or Nectarines  
 1 cup Walnuts (soaked overnight)  
 4-5 Dates (fresh or dried)

For all mixtures: blend the ingredients in Vitamix for few seconds

From: [www.rawtimes.com](http://www.rawtimes.com)

#### Blender Applesauce

-----

6 eating apples  
 1/4 cup raw honey  
 2-3 Tbsp fresh lemon juice

Mix honey and lemon juice. Core and slice apples, peel thin if desired. Mix with honey and blenderize just until smooth. Makes 4 servings.  
 From: Ten Talents Cookbook by Frank and Rosalie Hurd.

#### Apple Snow

-----

2 egg whites  
 8 oz/225 g cooked apples  
 1 tsp. cinnamon

Blend apples and cinnamon in container using electric hand blender. Whip egg whites with whisk until very stiff. Carefully fold egg white into apple puree. Chill.

From: Braun Handblender booklet

#### Apricot Yummies

-----  
Sun-dried unsulfured apricots  
Raw walnuts

Mix together equal parts of ground apricots and walnuts (Run through coarse food grinder). Shape into flat squares or balls. May be rolled in shredded coconut. These freeze very well.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

#### January Fresh Fruit Whip

-----  
1 ripe avocado  
1 pear  
1 banana  
1 Tbsp raw honey  
Pineapple or lemon juice

Blender until smooth. Serve in sherbert glasses.

Adapted from: Ten Talents Cookbook by Frank and Rosalie Hurd.

#### Paleo Smoothie

-----  
Frozen berries  
frozen pineapple, crushed,  
some bananas  
dash of pure almond milk (no rice malt sweetener) if desired  
a generous portion of coconut milk/creme (Thai Kitchen brand, full-fat)

Blend it up & enjoy.

From: Alexs

#### Smoothie

-----  
16 oz. orange juice  
1/2 cup strawberries  
1 banana  
4 - 5 ice cubes (gives it a slushie texture)  
From: RetroTrish in rec.food.veg

## Smoothies

---

I just take some frozen fruit (peaches, strawberries, etc) and fill the blender to about the 1 1/2 cup line. I then cover that with the orange juice and whirl away.

From: Kathy Przywara posted to No-Milk list

## Smoothie

---

1 small carrot, scrubbed, unpeeled  
1 peeled and cored apple  
1 peeled and cored pear  
1 medium orange, peeled  
about 1 cup of frozen whole strawberries  
3/4 cup orange juice  
4 ice cubes

Whiz all together in the blender. Serves two.

From: Diane Wirth in sci.med.nutrition

## Could It Be Chocolate Pudding?

---

12 dates  
12 black mission figs  
1 quart purified water  
1 tsp raw carob powder

Blend 12 dates, 12 black mission figs and 1 quart of purified water; (More or less water may be needed depending on the dryness of your fruit.) Start with slightly less. Add one teaspoon of raw carob powder. Chill and serve in in pudding glasses

From: Dr. Douglas Graham, [www.rawtimes.com](http://www.rawtimes.com)

## Fruity Chews

---

Put thru a food grinder:

1 cup dates  
1 cup dried apricots, unsulfured  
1 cup raisins  
1 cup walnuts or pecans

Add in and mix:

1 cup coconut shreds  
3 Tbsp.fresh lemon juice

Pack smooth into flat pan lined with waxed paper. Chill and cut into squares. May be rolled in fine coconut. Can be made into balls and flattened with a walnut half. Freeze well.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

#### Peeling Mangoes

-----  
Using a peeler, peel the mango. Then, hold the mango on the counter (works best if on a towel, or a paper towel) narrow edge and stem facing up. Get a good sharp knife and allowing about 1" in the middle, cut down on each side of the mango, so you have two 'halves' and the middle where the pit is. If you meet resistance, move the knife toward the outside of the mango until you can cut through. Then cut as much as you can off the pit. Slice and eat....oh yeah, either toss or plant (yeah, right) the pit. Patience is the key.

From: rec.food.cooking

#### Mango Papaya Strawberry Almond Cream- A Vitamix recipe

-----  
1 Mango  
1/2 Papaya  
1 cup Almonds (soaked overnight and blanched)  
5-6 Strawberries

For all mixtures: blend the ingredients in Vitamix for few seconds  
from: [www.rawtimes.com](http://www.rawtimes.com)

#### Spiced Oranges

-----  
1/4 cup grape juice  
3 Tbsp water  
1 Tbsp raw honey  
1 lemon slice  
1 small (1 inch) stick cinnamon  
1 whole clove  
2 medium oranges, peeled and sectioned  
fresh mint (optional)

In a saucepan, combine the first 6 ingredients. Cook over medium heat until slightly thickened, about 15 minutes. Add oranges; simmer for 1 minute. Pour into a bowl and refrigerate. Discard lemon, cinnamon and clove before serving, garnish with mint. Makes 2 servings.

Adapted from: Sue Ross in Quick Cooking, N/D '98

## Hawaiian Tidbits

---

1/2 cup raw honey  
2 Tbsp pineapple juice  
4 ripe bananas  
1 cup finely chopped nuts or shredded coconut

Dilute honey with juice. Peel and cut bananas into 1" pieces. Dip each piece in honey mixture and roll in coconut or nuts until well coated. Place on waxed paper. Chill. Serve on picks.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

## Cooked (alphabetical by fruit)

### Maple Baked Apples

---

8 large tart red apples  
1 cup pure maple syrup  
16 dates  
2 tsp grated lemon rind

Pare top half of apples, remove cores. Place apples in a large baking dish. Stuff each one with 2 dates. Combine maple syrup with lemon rind and a little water. Pour over apples and bake at 375F for 1 hour or until tender. Baste with the syrup occasionally.

Serve warm or chilled. Can be made ahead for a nice breakfast.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

### Baked Apples

---

4 apples  
1 cup raisins  
1/4 tsp cinnamon  
1/2 tsp vanilla  
1/2 cup apple juice  
1/4 cup walnuts, almonds or pecans, chopped  
2 tbsp almond butter (optional)

Heat oven to 375F. Core and pierce apples with a fork in several places around the center, to prevent them bursting. Mix raisins, nuts, butter, cinnamon and vanilla in a small bowl. Fill center of each apple with this mix. Place in a glass baking dish, and pour apple juice into the pan. Cover with foil and bake about 30 minutes, or until tender.

From: "Cooking Healthy with One Foot out the Door",

## Cinnamon Apple Chips

---

2 C. unsweetened apple juice  
1 cinnamon stick  
2 Red Delicious apples

In large skillet or pot, combine apple juice and cinnamon stick; bring to a low boil while preparing apples. With sharp knife, slice off 1/2 inch from top and bottom of apples and discard (or eat!). Stand apples on either cut end and gently slice crosswise into very thin (1/8 inch) rings, rotating the apple as necessary to get even slices. Drop apple slices into boiling juice; cook 4 to 5 minutes until apple slices appear translucent and lightly golden. Meanwhile, heat oven to 250 F. With slotted spatula, remove apple slices from juice and pat dry. Arrange slices on cake-cooling racks, being sure none overlap. With pot holder (rack will become hot from chips) place racks on middle shelf in oven; bake 30 to 40 minutes until apple slices are lightly browned and almost dry to touch. Let chips completely cool on racks before storing in airtight container. Makes 2 servings.

From: Clelia

## Apple Crisp

---

You could coat apple slices with cinnamon and arrowroot. Add walnut pieces on top, drizzle with a bit of honey and bake. That might be close to an apple crisp.

From: Patti Vincent

## Fried Wild Apples

---

4 tbsps bacon grease  
1/4 cup water  
1/2 tsp cinnamon  
4 strips bacon, crumbled  
6 cups wild apples, cored and sliced thin

In a heavy skillet, heat the bacon grease. Add apples. Lower heat and let the apples fry, turning often with a spatula, until barely tender. Add water if the pan gets dry. When the apples are tender, sprinkle with cinnamon; crumbled bacon. Serve over pork chops or ham.

From: Chris

## Fried Apples and Bacon

---

3 or 4 apples peeled (or unpeeled) and chopped  
1/2 lb. bacon (I like Walnut Acres Sunday Bacon, cured with pure maple with no nitrates)

Fry bacon, drain and retain drippings. Fry apples in the hot bacon grease until soft. Crumble bacon, toss with apples and serve.

From: Binnie

#### Thai Bananas in Coconut Milk

---

1 14 oz can coconut milk  
3 large bananas sliced  
pinch of salt

Optional, for an Indian touch add:

crushed black pepper  
turmeric  
mustard powder  
1 red chili  
urad dal ?  
curry leaves  
oil for seasoning

On medium heat, simmer everything for 10 minutes. Serve immediately.  
Makes 4 servings.

Adapted from a tag on a can of Thai Kitchen coconut milk

#### Baked Bananas

---

3 small bananas peeled  
1/2 teaspoon grated orange rind  
1/2 tablespoon pure maple syrup  
1 tablespoon lemon juice  
1/8 teaspoon salt  
1/8 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1 tablespoon olive oil, or melted coconut oil

Cut each banana crosswise into 8 pieces. Arrange banana slices in an 8-inch square baking dish. Sprinkle evenly with orange rind, maple syrup, juice, salt, and spices, drizzle with oil. Bake uncovered at 350 degrees for 45 minutes, basting after 15 minutes with liquid in dish. Serve banana slices hot on wooden sticks. Yield: 12 appetizer servings.

From: Don Keen's Spicy Kitchen. Originally posting on act.food diabetic

## Fried Plantain

---

2 plantains

Olive oil for frying

Cut plantains into about 1/2 inch slices. Fry for several minutes in hot oil, until slices begin to turn golden (not too dark), and they are beginning to get tender. They do not need to be really soft at this point.

## Pumpkin Custard

---

1/4 C raw honey

1/2 t salt

1 t cinnamon

1/2 t ginger

1/4 t cloves

2 eggs

15 oz can pumpkin or 1 3/4 C cooked pumpkin

1 1/2 C coconut milk

Mix all and bake at 400 for 15 minutes, then 350 for 40-50 minutes. Custard is done when a knife can be inserted in the center and comes out clean.

From: Patti Vincent

## Dried Fruit Compote

---

2 cups dates, cut in 1/4 pieces

2 cups dried apricots (cut)

2 cups black mission figs (cut)

2 cups dried peaches (cut)

4 cups apples (cut in slices, raw-firm-tart)

optional - 2 quarts of home canned pears

Place fruit in kettle big enough to allow fruit to swell. Cover with water about 2 - 3". Let soak 1 hour if convenient. If not, bring to a boil, and simmer 2 - 3 minutes. Add 2 T. arrowroot powder or agar-agar. Simmer 2 minutes more. Add 1 Tbsp. each lemon and orange rind (Scrub the fruit well, use the white part just below the color). When all the fruits are mixed it should be quite thick. Remove from heat. Add 2 quarts of pears. Good warm or cold.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

## **PaleoFood Recipe Collection Contents**

## Fruit Sauces

### Cranberry Sauce

-----  
1 package cranberries

1 C water

1/2 C raw honey

1/2 C chopped celery (optional)

1/2 C chopped walnuts (optional)

Cook all together until cranberries pop and sauce thickens stirring often. More water can be added if sauce gets too thick before the cranberries pop. Remove from heat and add celery and walnuts. Personal note: I like to spice it up with a bit of ground cinnamon and clove sometimes too.

From: Patti Vincent

### Whipped Coconut Cream

-----  
I've discovered how to make delicious whipped cream to top on berries and fruits really easy to make. Just take a can of coconut milk (Thai is a great brand), pour it into a jar and shake vigorously. Let sit in the refrigerator and you have a very stiffly beaten cream. Drizzle a little honey on top for sweetness if desired when you scoop it onto your dessert.

From: Ella

One could add fruit and or spices to the coconut milk for a different flavor. Or maybe something like the spiced nuts chopped and sprinkled as a topping.

From: Patti Vincent

### Pineapple Fruit Dressing

-----  
This is good on any fruit salad, sliced bananas or berries.

1/3 cup olive oil

1/4 cup fresh lemon juice

1/2 cup pineapple juice or crushed pineapple

2 Tbsp raw honey

small pieces of lemon rind and orange (optional)

Put in blender and blend until blended well.

From: Ten Talents Cookbook by Frank and Rosalie Hurd

---

## PaleoFood Recipe Collection Contents

## Veggies - Greens

### Collard Greens

-----  
3 Tbsp. extra virgin olive oil  
1 cup diced tomato  
1 large onion, diced  
2-3 cloves garlic, diced  
2 lbs collard greens (about 8-10 large leaves), remove tough stems  
1-2 Tbsp. fresh herbs (I used thyme)  
Fresh ground pepper to taste  
1/4 cup raw sunflower seeds (optional)

In a large, non-stick skillet, add oil and tomatoes on low heat. Add onions and garlic, cook till onions just begin to turn clear. Add greens, cover and stem for 10 minutes. Add salt, pepper and herbs and cover for 15 minutes to continue to stem or until the greens are wilted but not soggy. Add sunflower seeds, heating some more. Serve hot.

From: Sandi Meyerhoff

### Collards, Basic Approach

-----  
First of all, never pick collards that have any yellow spots; once they get the spots, the leaves are really tough and never cook up tender.

Chop up 1/2 pound of bacon ends or salt pork and saute. Cut out the stems from the collards, chop the leaves up medium coarse, and boil for about an hour with a chopped onion and a half cup or so of apple cider or juice and a Tb of chopped dried red peppers and the pork. And, of course, some kosher salt and pepper to taste. Drain and serve.

Reserved liquid is called "pot likker" and theoretically yummy, but it doesn't appeal much to me, except it makes a good stock.

(er, this is for about three bunches of collards)

Adapted from: Jeff Frane via RFC

### Robert's Greens

-----  
1 onion, chopped  
many cloves of garlic, chopped  
1 carrot, chopped fine  
1 1/2 long andouille sausage, sliced or chopped  
1 large can chicken broth  
1 cup canned tomato chunks  
2 bunches kale, spines removed, coarsely chopped  
olive oil

pepper

hot peppers, fresh (chopped) or dried flakes

Sauté first three ingredients in olive oil until onion is transparent. Add andouille and cook for a few minutes. Add the broth and tomato and bring to a boil. Add kale and peppers. Turn heat to very low and simmer until done. Will be fairly soupy.

From: husband of Gail de Prosse (via rec.food.cooking)

Gomen

-----

1 lb. Collard greens

1 cup red onions

4 Medium green (hot) peppers (fresh) sliced in strip

2 cups water

1/2 tsp. garlic (peeled and chopped)

16 oz. oil

salt to taste

Wash collard greens, boil in medium pan until soft. Remove from heat, drain and cut into small pieces. Set aside. Wash peppers, remove seeds, slice lengthwise and set aside.

In a pan, cook onions over a low heat until brown adding a little water to prevent sticking and burning. Add collard greens and cook until water disappears. Add all the spices and stir gently. One at a time, add the green pepper slices about 10 minutes before removing from the fire. Serve hot or cold. Gomen is usually served with other foods. It may be served hot or cold. This recipe serves 6.

From: <http://www.circus.org/etfood.htm>

Country-Style Greens

-----

1 Tbsp lard or rendered bacon fat

1 medium onion, minced

2 cups water

pepper

2 bunches (or about 2 pounds) of fresh collard, turnip, or mustard greens  
1/4 pound good quality bacon or ham, cut in 1/2 inch pieces, or 1/2 pound ordinary sliced bacon or ham

Trim away and discard the tough stems of the greens. To loosen grit, place the leaves and the remaining tender stems (you should have about 2 quarts) in a large bowl, cover with lukewarm water, and soak for 5 minutes. Rinse several times in lukewarm water to wash away any remaining sand. Melt lard in a large heavy nonreactive pot with a lid. Do not use an aluminum pot, if possible, use one with an enamel coating. Add onions and bacon. Fry

together over medium-high heat, stirring often, until onions wilt and bacon starts to brown, about 5 minutes. Add greens and the water and bring to a boil over high heat. Cover, lower heat to medium, and cook until greens are tender, with just a little crunch, about 20 minutes. Uncover, raise heat to high, and boil off some of the excess water, about 5 minutes. Add pepper to taste, and serve hot, it should be slightly soupy. - Serves 6  
Adapted from Regional American Classics, California Culinary Academy.

### Dandelion Greens

---

Pick before the flowers bloom, wash in water, and rinse several times. Put in boiling water with a piece of fatback. Boil one hour. Drain well, and boil another 2 hours. Drain well when tender.

Adapted from Tom Kuhn, Native American archeologist

### Dandelion Greens (Pioneer Recipe)

---

2 lbs. fresh dandelion greens  
2 cloves garlic  
2 T. oil  
pepper to taste

The small young leaves are the most tender. Larger, older leaves are bitter. Clean and wash the leaves. Do not eat the stem or the flower. Cut the leaves in half. Heat the oil and garlic in a saucepan. Add the leaves, and pepper. Cook about 12 minutes or until tender. Add water if it gets too dry. Serve hot.

From Mary Felberg, via Ella

### Green Nutty Cream- A Vitamix Recipe

---

1 cup Greens (arugula, spinach, salad mix, etc.)  
1 Carrot  
1 Sweet Pepper  
1/2 Tomato  
1/2 Avocado  
1/2 cup Pine nuts (soaked)  
1 Garlic  
Dill or parsley  
Juice of 1/2 grapefruit

For all mixtures: blend the ingredients in Vitamix for few seconds

From [www.rawtimes.com](http://www.rawtimes.com)

## Sauteed Kale

---

1 pound fresh kale trimmed and chopped, or 2 packages (10-3/4 oz. each) frozen, chopped kale, thawed and drained.

1 large garlic clove, crushed

1 tablespoon olive oil

2 tablespoons pine nuts (pignoli), lightly toasted

2 tablespoons lemon juice

If using fresh kale, cook the kale in a large pot of boiling water until tender, about 10 minutes, drain well. Coat a large skillet with oil. Saute garlic over medium heat until just golden, about 3 minutes. Add kale to skillet. Stir in the 1 tablespoon olive oil, saute until heated thru, about 5 minutes. Stir in pine nuts, remove skillet from heat. Sprinkle kale mixture with lemon juice. Transfer to a shallow serving dish, Serve immediately.

From: The American Cancer Institute.

## Lamb's Quarters

---

Use the leafy greens alone in a salad or mix with stronger greens. For potherb, use large quantity of greens because cooking greatly diminishes bulk. Boil young leafy stems in a small quantity of water about 5 minutes until tender. Good with a sauce of olive oil, diced onion, and crisp bacon, chopped fine.

From Edible Wild Plants: A North American Filed Guide by Elias & Dykeman.

## Lettuce and Bacon

---

6 small heads of romaine lettuce

1/2 pound bacon, diced

1 large onion, minced

1 large tomato, peeled and seeded (optional)

fresh ground pepper

sprinkling of a favorite herb: basil, thyme or marjoram

chicken broth or water (if necessary to prevent scorching)

Trim the romaine heads, but leave them whole. Wash thru several changes of cold water, shake dry, Plunge the lettuce into a large saucepan filled with boiling water, and cook for about 2 minutes. Do not overcook, the lettuce must remain firm. Drain and lay in a strainer to allow the lettuce to drip excess moisture. Dry between paper towels. In a fry pan, cook bacon until crisp. Pour off about 2/3 of the fat in the pan. Add the onion and the tomato, and cook, stirring constantly, until onion is tender. Add the lettuce, season with pepper, and sprinkle with your herbs. Cook covered over low heat for about 10 minutes, check for dryness, if necessary, add a little broth or water, 1-2 tbsp. at a time, to prevent scorching. The

cooked lettuce should be dry. Serve very hot, 4-6 servings.

From Nika Hazelton's Way with Vegetables

Todd's Guide to Eating Purslane

Gibbons says the best way to harvest purslane is to pinch off the leafy tips. This is because they grow back almost immediately (some say overnight), so a few plants can furnish a lot of edible purslane. He also give some recipes. It can be eaten raw, as a salad vegetable, or boiled. He suggests adding a quart of purslane tips to bacon when it is about finished cooking, mixing it in with the bacon fat and letting it cook for a few more minutes. Then season to taste with your favorates spices.

From: Todd Moody

Adapted by Patti Vincent

Roman Spinach

3 pounds spinach, washed and trimmed  
2-3 tbsp olive oil  
1/2 cup pignoli (pine nuts)  
1 garlic clove, mashed  
2 tsp lemon juice or to taste  
pepper

Cut any large spinach leaves into pieces. Heat the oil in a deep frying pan. Cook the nuts, stirring constantly until they are golden. Add the spinach, garlic, lemon juice, and pepper to taste. Cook covered, shaking the pan to prevent sticking, for about 4 minutes, or until barley tender. Serve very hot, 4 servings.

From Nika Hazelton's Way with Vegetables

Baked Soufflé

2 eggs  
2 C cooked and chopped spinach

Mix together and bake at 350 for 1/2 hour

From: a child's cookbook from 1931

Turnip Greens

2 large bunches of fresh turnip greens  
2 cups water  
pepper to taste

1/4 pound fatback, bacon, or fatty ham scraps

This recipe also works for mustard greens, collard greens, or any mix of the three greens.

Wash and destem the turnip greens, rinsing thoroughly to remove all sand and dirt. Place in a large pot with water and pepper and fatback/bacon/fatty ham scraps. Bring to a boil (if you don't have a steam-releasing lid, be sure to tilt lid on top of pot to let the steam escape.), and simmer until greens are tender, adding water as necessary to keep them from drying out. The longer they cook, the better they get.

From Jack's Skillet by Jack Butler

Wilted Greens with Lemon

-----  
1 tsp. extra virgin olive oil

2 or 3 cloves of garlic, minced

grated zest of 1 lemon

juice of 1 lemon

1 bunch leafy greens (kale, collards, broccoli rapini), cleaned well and sliced into bite-sized pieces

Heat oil in a skillet over medium heat. Add garlic and cook 1 minute. Add greens and cook until they are tender and begin to wilt, about 5 minutes. Stir in the lemon zest and cook 1-2 minutes. Remove from heat and toss greens with lemon juice. Serve immediately, makes 4 servings.

Adapted from Cooking the Whole Foods Way by Christina Pirello.

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## [PaleoFood Recipe Collection Contents](#)

## Vegetables (alphabetical)

### Apples and Carrots

-----  
1 medium onion, chopped  
1/2 cup olive oil  
2 large apple, peeled and diced  
6 medium carrots, thinly sliced  
1/4 teaspoon nutmeg

Brown onion in oil and add apples and carrots. Season with nutmeg, and salt and pepper to taste. Cover and simmer gently for about 20 minutes or until tender, serves 6.

From: Natural Foods Cookbook by Maxine Atwater

Adapted by Patti Vincent

### Acorns

-----  
Gather in the fall. Those from white oak trees should not need leached to remove tannins, but other kinds do. If in doubt, do it, or they'll be bitter. Place whole, chopped, or coarsely ground nutmeats in a cloth ( a clean T-shirt will do) and tie with string. Place in boiling water until water turns brown, then drain, and add more boiling water. Repeat many times as needed until water is clear. In the field, just place bag filled with nutmeats in a clear running stream until nutmeats are no longer bitter, from 1 to several days. Spread the leached acorns in a pan and dry in the sun or in a warm oven. Use like chopped nuts or nutmeal.

From Edible Wild Plants: A North American Filed Guide by Elias & Dykeman.

### Wolf's Ways with Acorns

-----  
It helps to have the proper baskets for preparing and storing acorns and acorn meal. You can do without, but the process is slightly different.

The steps are, essentially:

- 1) thank the oaks for providing food
- 2) prepare the acorn kernals
- 3) grind the meal
- 4) leach the meal
- 5) prepare the food

We thank the trees for providing us with acorns for a couple of reasons. First, the acorn used to be very important for food -- if we didn't have them, we'd go hungry. Second, the oak is giving up an important part of

itself for us. Every acorn we eat is an oak tree that will never grow. Therefore we respect an honor the oak for providing for us, and promise to use the strength it gives us to continue to protect and honor it.

To prepare the kernals, crack them open and remove the insides. Usually, you'll end up with a pile of brown-colored lumps of acorn meat. Arrange them in a single layer and set them in the sun to dry, or put them in a low oven. You don't want to roast them, just dry them out.

Once they're dry, grind them into flour with a mortar and pestle. It's important to break up all the large chunks into fine meal. Make sure the meal is evenly textured. If there are any unground lumps left over, they'll take a lot longer to leach, and make the meal bitter.

Place the meal in a thin layer at the bottom of a flat pan. Cover it with water (about two inches). Let it sit for a few hours, then change the water (you can use cheesecloth to strain the acorn meal, or you can just carefully pour off the water.) Let it sit again, and change the water again. You'll have to do this several times - how many times depends on the acorns, the time of year, what kind of growing season they've had, how strong a flavor you're looking for, etc. The meal will lighten with each leaching.

After leaching the meal a final time, pour off the excess water and pour it out to dry. Usually, this was done in specially made baskets, or else on a patch of sand in an undisturbed place. You can lay it out on a clean towel, if you want. Let it dry slowly, either in the sun or at room temperature.

Collect the resulting powder and store it like flour. You can make mush by cooking it in some boiling water (think Cream of Wheat). You can make bread by mixing with a little fat and/or water and making dough (sort of like making thin biscuits or matzos or tortillas) and then baking.

From: Wolf Logan

### Broccoli with Golden Garlic and Lemon

---

1 bunch broccoli, about 1 pound  
1/4 cup extra virgin olive oil  
3 garlic cloves, cut into thin slivers  
1/8 tsp pepper  
3 Tbsp fresh lemon juice

Cook broccoli in a large saucepan of boiling water 5-6 minutes, or until crisp tender. Drain in a colander. Arrange on a serving dish and cover to keep warm. In a small frying pan, warm olive oil over low heat. Stir in garlic and cook slowly until golden brown, be careful not to burn the garlic, about 1-2 minutes. Add pepper and lemon juice. Pour over broccoli.

### Italian-Style Sautéed Broccoli

---

1 tsp. extra virgin olive oil  
2 or 3 garlic cloves, minced  
1 onion, diced  
4 or 5 button mushrooms, brushed clean and thinly sliced  
1 or 2 tomatoes, diced  
1 head broccoli, cut into small flowerets, with stems peeled and thinly sliced

Bring a large pot of water to boil over high heat. Add broccoli and cook until bright green but not completely tender, about 3 minutes. Plunge into cold water to stop the cooking process and preserve the bright color. Heat oil in a skillet over medium heat. Add garlic, onion, and cook, stirring, 2-3 minutes. Add tomatoes and stir well. Cover and simmer 10-15 minutes. Remove cover and stir in broccoli. Simmer, uncovered, 2-3 minutes. Serve hot, makes 4 servings.

From Cooking the Whole Foods Way by Christina Pirello.

### Broccoli the Italian Way

---

1/2 cup extra virgin olive oil  
3 cloves of garlic finely chopped  
6 anchovies finely chopped  
red pepper flakes  
(2 T chopped parsley)  
a bunch of broccoli cut up and lightly cooked

Lightly saute the garlic, anchovies and red pepper flakes in oil and add broccoli. Incorporate all the flavours and add parsley (only for the cauliflower).

From: Susan Carmack on the PaleoFood list

### Broccoli with Artichoke Hearts

---

1 head broccoli, cut into flowerets  
1/2 tsp. extra virgin olive oil  
pinch of minced dried hot chile or to taste  
2-3 cloves garlic, minced  
1 (6 oz.) jar marinated artichoke hearts, drained and halved  
juice of 1 lime, or 1 lemon

Bring a small amount of water to a boil and steam broccoli flowerets until

bright green and crisp-tender, about 5 minutes. Plunge into cold water to stop the cooking process, drain and set aside. Heat oil in a skillet over medium heat. Add hot chile and garlic. Cook 1 minute. Stir in artichoke hearts and cook about 3 minutes. Remove from heat and stir in broccoli and lime or lemon juice. Transfer to a serving bowl, and serve immediately. From Cooking the Whole Foods Way by Christina Pirello.

### Olive Broccoli

---

1 head broccoli  
1 tsp. extra virgin olive oil  
juice and grated zest of 1 lemon  
1/2 cup oil-cured olives, pitted and minced  
1 red bell pepper, roasted over an open flame, peeled, seeded and diced

Split broccoli lengthwise into spears, trimming off any coarse stems and leaves. Bring a small amount of water to a boil over high heat. Add broccoli and steam until bright green and crisp-tender, about 4 minutes. Drain and transfer to a bowl. Immediately drizzle lightly with oil and toss gently. Stir in lemon juice and zest, bell pepper, and minced olives and turn the ingredients gently to combine. Arrange on a platter and serve warm.

From Cooking the Whole Foods Way by Christina Pirello.

### Maritime Broccoli (was Fiddleheads)

---

This colorful dish is my homage to Californian cuisine, which I love for its bold colors and interesting mix of flavors.

4 cups (1 L) broccoli  
16 large shrimp (chicken or pork can be substituted)  
1 red bell pepper  
1 yellow bell pepper  
1 large red onion  
1/2 cup (125 ml) olive oil  
1/2 cup (125 ml) lemon juice  
salt  
pepper

1. Cut peppers and half the onion in big chunks. Mince rest of the onion. Combine oil, lemon juice, minced onion, salt and pepper and mix well.
2. Pour oil mixture over peppers and onion pieces and let marinate 1 hour. In the meantime, cook broccoli.
3. Clean and devein shrimp. Sauté lightly in oil until pink (2 minutes). Remove from pan and keep warm.
4. Drain the vegetables, reserving the marinade. Sauté the vegetables 2 minutes in oil. Add broccoli and shrimp, cover and simmer a few

minutes.

5. At the same time in separate pans, reduce marinade by half over high heat.
6. Arrange vegetables and shrimp. Pour marinade over and serve immediately.

Makes 4 servings

From: The Wild Food Gourmet by Anne Gardon

#### Maple Glazed Brussel Sprouts with Chestnuts

---

3/4 cup chestnuts (fresh roasted or canned)  
1 pound brussels sprouts  
1/3 cup maple syrup  
1 teaspoon salt  
1/4 teaspoon ground black pepper

Preheat oven to 375 deg. F.

Bring 2 quarts of water and 1 teaspoon of salt to a boil.

If fresh chestnuts are used, shell with a paring knife and toast on a cookie sheet in the oven until the meat pulls from the shell and the shell and skin can be easily removed. If canned chestnuts are used, drain and dry them.

Trim the outside leaves from the Brussels sprouts and cut 1/4-inch deep cross in the bottoms of each. Drop them in the boiling salted water and cook until they are fork tender. Drain the sprouts and drop into ice water to shock and cool. Cut each Brussels sprout in half.

Add the maple syrup to a 10-inch saute pan and warm. Add the Brussels sprouts and bring to a boil. Quickly add the chestnuts and stir. The syrup will thicken and glaze the sprouts.

Season with salt and pepper and serve. Serves: 10

From: [http://www.culinarycafe.com/Vegetables/Maple\\_Glazed\\_Brussel.html](http://www.culinarycafe.com/Vegetables/Maple_Glazed_Brussel.html)

Adapted by: Patti Vincent

#### Burdock

---

Peel roots, slice 1/2 inch thick and boil 20 minutes with a pinch of baking soda. Change water, and boil until tender. Or simmer pieces of the cooked flower stalk in maple syrup to make candy.

From Edible Wild Plants:A North American Filed Guide by Elias & Dykeman.

## Cabbage Cooking

---

Place an amount of olive in a pan - more

Wash the cabbage and chop finely (the water on the cabbage is all you need)

Heat the oil add the cabbage and stir - add fresh rosemary, oregano, thyme if available

Put on a low heat, lid on saucepan and stir every minute or two to stop burning for about 7-10 minutes.

- the cabbage steam fries. Ginger counteracts the gas from cabbage.

Add garlic and ginger to excess about 5 minutes into the cooking

Serve with more olive oil. Serve with nut loaf, fish, steamed chicken . . .

From: lobster@DIAL.PIPEX.COM

## Cabbage

---

1 head cabbage, chopped

4 tablespoons lard

salt and pepper to taste

Put about an inch of water in a large frying pan and bring to a boil. Put all the cabbage and lard in, season and cover. Simmer for about twenty-five to thirty minutes.

From: Don's Spicy Kitchen via RFC

## Red Cabbage with Chestnuts

---

In typical Alsatian fashion, this cabbage has a delicious sweet-and-sour flavor.

1 pound fresh chestnuts

2 tablespoons olive oil

1 large onion, thinly sliced

1 2-pound head red cabbage, cored, thinly sliced

1/2 cup red wine vinegar (hmm...paleo substitute?)

6 tablespoons water

3 tablespoons sugar (for Paleo-use honey)

Preheat oven to 400 deg. F. Using small knife, cut an X in each chestnut. Place in roasting pan. Bake until shells loosen, about 35 minutes. Cool slightly. Remove hard shell and brown skin from each nut. Set aside. Heat oil in large pot over medium-low heat. Add onion; saute until soft, about 5 minutes. Add cabbage, vinegar, water and sugar. Cover; cook until cabbage is tender, stirring occasionally, about 40 minutes. Add nuts; cook until warm, about 10 minutes longer. Season with pepper.

From Bon Appetit December 1997

## Grilled Harvest Vegetables

---

1 small cabbage, cored  
2 tablespoons olive oil  
1/2 to 1 teaspoon onion powder, optional  
1/8 to 1/4 teaspoon pepper  
4 medium carrots, cut into 1 inch pieces  
2 celery ribs, cut into 1 inch pieces  
1 small onion, cut into wedges  
1/2 pound whole fresh mushrooms  
1 small green pepper, cut into pieces  
4 bacon strips, cooked and crumbled, optional

Cut cabbage into 6 wedges; spread oil on cut sides. Place cabbage on a piece of heavy-duty foil, about 24" by 18". Sprinkle with onion powder, if desired, and pepper. Arrange remaining vegetables and bacon (if desired) around cabbage. Seal the foil tightly. Grill, covered, over medium-hot heat for 30 minutes or until vegetables are tender, turning occasionally.

From: Quick Cooking, Sept/Oct 1998

Adapted by Patti Vincent

## Cabbage with bacon

---

Cut bacon (with scissors) into little pieces in a skillet and fry till crispy. Toss in about 4 cups finely shredded cabbage and 2 shredded apples (not peeled). Cook until cabbage is wilted, then toss with juice of one lemon and cayenne pepper or hot sauce to taste.

From: Beverle

## Veggie ideas

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Cabbage is great sauteed in oil, with a little minced onion and some  
Cabbage is always cheap, too. And of course, fried onions and mushrooms go  
great with everything!

From: Dana

## Patti's Carrots

---

Steam baby carrots, then drizzle with just a bit of honey (dont over do the honey, it doesent take much). Add dill (I just shake a bunch on to taste) then mix.

From Patti

## Carrots

-----  
One of the things we like most about carrots is that they are enhanced by a wide variety of spices and herbs, so you can flavor them to match or contrast with whatever else you're having. We zap them (or boil if large quantity) and season with any ONE of the following (plus salt and pepper and often olive oil):

dill (minced fresh or dried)

cumin (powder)

mace (grated nutmeg probably similar; haven't tried it)

ginger (fresh, minced or shredded)

Italian flat leaf parsley (we don't use the other parsley)

From: aem@worldnet.att.net

Carrots Cabbage Saurkraut Walnuts Crackers

-----  
1 cup walnuts

2 carrots

1 cup mixed greens/arugula/spinach etc.

3 spoons saurkraut (made without salt)

1 cup fresh cabbage (cut into pieces)

2 cloves garlic

1 tomato

Blend till the crumby consistensy, use a spoon to spoon the batter out on a dehydrator plastic tray. Dehydrate for 24 hours or until dry (do not overdry) at the temperature of 105 F. Turn them over in 8-12 hours or when you see that one side is dry enough. For those who use Vitamix, change the speed to 4-5 in order to achieve a crumby consistency of your batter. Do not do it on 'High', otherwise the batter will be like cream. Cookies and crackers are much tastier if they are with chewy crumbs.

From www.rawtimes.com

Cattails

-----  
Get the roots of the cattails. Peel away tough leafy layers to the tender core, about 1/2 inch in diameter and maybe 12 inches long. This can be eaten raw, like celery, or sliced into a salad. Or, cover the cores with boiling water and simmer about 10 minutes. You may pick the green bloom spikes of the cattails, remove sheathes, and boil in water until tender, and eat like corn-on-the-cob.

From Edible Wild Plants:A North American Filed Guide by Elias & Dykeman.

Indian Cauliflower and Scallions with Black Mustard Seeds

-----  
1 head cauliflower, about 1 1/4 pounds

2 small bunches of scallions

2 teaspoons black mustard seeds (found in Indian or Middle Eastern markets or spice shops)  
2 teaspoons cumin seeds  
1 teaspoon fennel seeds  
1/2 teaspoon turmeric  
1/3 cup warm water (105F)  
1/4 cup olive oil  
1/3 cup chopped fresh coriander or 8 fresh curry leaves

Separate and cut the cauliflower into 1-inch florets. Peel the cauliflower stem and cut into thin slices. Set aside.

Trim the scallions and chop them, including the entire green part. Set aside.

Measure out the spices and place them, as well as the water, right next to the stove.

Heat the oil in a wok or a saute pan over high heat. When the oil is hot, add the mustard, cumin, and fennel. Keep a pot lid handy since the seeds may splatter and sputter when added. When the seeds stop sputtering, add the turmeric and immediately add the cauliflower.

Stir-fry the cauliflower until it's evenly coated with spice-infused oil. Add the scallions and water; mix and cover with a lid. Cook over medium heat and toss a couple times until the cauliflower is soft, about 10 minutes. Uncover, fold in the coriander, and continue stir-frying until excess moisture evaporates and the cauliflower looks glazed, about 5 minutes. Turn off the heat and serve. Serves 4

From: "The Frugal Gourmet On Our Immigrant Ancestors" by Jeff Smith

#### Roasting Chestnuts

---

Needed: A chestnut-roasting pan, which is a thin-gauge skillet with quarter-inch holes punched through the bottom -- quite a few.

Make a cut in the rounded side of each chestnut to keep them from exploding as they heat, put them in the pan, and set the pan over coals or a gas burner (low-medium flame; I've found it's much easier to clean up if you put a sheet of aluminum foil on your stove under the burner). Sprinkle the chestnuts with a little water, cover, and shake often to keep them from burning. They'll be done in about 8 minutes or so -- the skins pull back from the cuts and they look done. Wrap them in a couple of old towels, squeeze them to crush the skins, and let them steam in their own heat for 3-5 minutes.

From: Kyle in rec.food.cooking

## Chestnuts and Brussels Sprouts

---

12-15 fresh chestnuts

1 tsp. extra virgin olive oil

2 cloves garlic, minced

2 pounds Brussels sprouts, trimmed

juice and grated zest of 1 lemon

2 cups vegetable broth or vegetable stock

Make a slit in the flat side of each chestnut. Cook in boiling water over high heat for 15 minutes. Drain the chestnuts, wrap in a towel to keep them warm, and set aside 10 minutes. Peel off both the hard outer shell and the inner papery layer. Set chestnuts aside. Heat oil in a deep skillet over medium heat. Add garlic and cook 1-2 minutes. Add sprouts and cook, stirring to combine. Add chestnuts and broth, cover and simmer over low heat until sprouts are just tender, 10-12 minutes. Simmer 3-4 minutes. Remove from heat and drain well if any liquid remains. Stir in lemon juice and zest and transfer to a serving bowl, serve warm, makes 4-6 servings.  
From Cooking the Whole Foods Way by Christina Pirello.

## Ratatouille

---

1 small eggplant

1/4 cup olive oil

pepper

4 tomatoes, chopped

2 small zucchini

1 medium onion, sliced

1/4 cup parsley, minced

2 cloves garlic, minced

1 green pepper, sliced

Peel eggplant, slice 1/4" thick. Cover and weigh down. Let stand for 30 minutes while you prepare other veggies. Then drain the eggplant, dry on towel, cut slices into quarters. Heat half the oil, fry the eggplant and remove. Add remaining oil, fry garlic, onions and peppers until softened. Place tomatoes on top of onions, cover pan, and cook 5 minutes. Take cover off, raise heat, cook 5 minutes more without cover. Stir in minced parsley. Arrange a layer of tomato mixture on the bottom of a 2 quart casserole dish. Cover with a layer of sliced zucchini, and half the eggplant. Put half of the rest of the tomatoes on, then the remaining eggplant and the rest of the zucchini. Finish with layer of tomatoes. Bake about 30 minutes at 350F.

From The New Farm Vegetarian Cookbook

## Baked Whole Garlic

-----  
4 whole heads of garlic  
1/2 cup olive oil (approx.)  
pepper  
1 teaspoon thyme leaves

Preheat the oven to 275. Slice the top (1/4 inch) from the heads of garlic and rub to remove some of the papery skin from the outside, taking care not to separate the cloves. Put the heads in a baking dish that will just hold them. Pour the olive oil over each, add the pepper and thyme. Cover and bake for about 30 minutes. Remove the cover and continue to bake for about 1-1 1/2 hours longer. The garlic mellows and turns creamy as it bakes, and should be very tender. To eat, squeeze one clove at a time out of the skins.

From the Fannie Farmer cookbook, via Vickie

Horseradish recipes?

-----  
We collected lots of roots growing in railway track ballast on a disused line. We washed the roots thoroughly then liquidised them and packed the resultant mush into plastic yoghurt pots before storage in the deep freeze. Use the smallest roots only as they have less fibrous core (which is not so strong in flavour & somewhat chewy in texture) and do not need peeling. If you freeze down small batches you can easily defrost one and blend it with Neanderthin mayonaise. Use it to accompany your Sunday roast beef instead of traditional mustard - deeeelicious!

From: [DaveJackson@bigfoot.com](mailto:DaveJackson@bigfoot.com)

Adapted by Patti Vincent

Mushrooms A La Provencale

-----  
1/4 cup olive oil  
1 pound mushrooms, thickly sliced or quartered  
2 whole garlic cloves  
pepper  
1/2 teaspoon dried thyme, or 3 sprigs fresh thyme  
1/2 cup minced parsley  
juice of 1/2 lemon

Heat oil in a heavy pan with a close-fitting lid. Add the mushrooms, garlic, and pepper, and thyme. Cook covered over med. to high heat for 5-7 minutes, shaking the pan very frequently to prevent sticking. Then sprinkle with parsley and lemon juice, and serve very hot.

From Nika Hazelton's Way with Vegetables

## Mushroom Pate

---

1 tsp. extra virgin olive oil  
4-5 shallots, minced  
2-3 garlic clove, minced  
juice of 1 lemon  
fresh parsley for garnish  
1 pound button mushrooms, brushed clean and diced  
2 Tbsp pecans, lightly dry-roasted in a skillet over medium heat about 3 minutes and minced

Heat oil in a skillet over medium heat. Add shallots, garlic and cook until fragrant, about 3 minutes. Add mushrooms and cook, stirring, 10-15 minutes, until mushroom liquid has been reabsorbed into the vegetables. Transfer the cooked mushroom mixture to a food processor and puree until smooth. Spoon into a bowl and gently fold in pecans and lemon juice. Transfer to a small serving bowl, cover and refrigerate to cool completely before serving, garnished with fresh parsley.

From Cooking the Whole Foods Way by Christina Pirello.

## Marinated Mushrooms

---

2 pounds of fresh mushrooms  
1/2 cup lemon juice  
1 cup olive oil  
3 medium onions, thinly sliced  
1/4 tsp. pepper  
1 tsp. dry mustard  
1 tsp. thyme  
1/2 tsp. oregano  
1 tsp. basil  
2 tsp. honey (substitute for sugar in original recipe)

Combine all ingredients and cook for 5-10 minutes over medium heat. Cool. Cover and refrigerate overnight.

From Laurie M. Lijoi in 3 Rivers Cookbook III

## Nut Pizza

---

- Two cups Nuts (Any combination of one or more or all of these: Brazil Nuts, Almonds, Pecans, Pine Nuts, Sunflower Seeds, Pumpkin Seeds, Walnuts, Hazelnuts)
- Red pepper
- Tomato
- Garlic
- Onions
- Mushrooms

## -Whole Pine Nuts

1. Grind nuts in meat grinder.

2. Chop vegetables finely and steam for two minutes on low. (This is breaking the rule of raw a little but steaming on low for a minute or two you won't lose any nutrients).

3. Mix vegetables and ground nuts.

4. Put in baking dish, your old pizza pan from before you went paleo, and bake on low oven for two minutes to warm.

From [www.rawtimes.com](http://www.rawtimes.com)

## Okra

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Slice the okra about 1/2 inch thick, roll in ground nut meal, salt and fry in grease until brown and crispy.

Adapted from: Don's Spicy Kitchen via RFC

## Whole Roasted Onions

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Prep Time: about 1-1/2 hours, roast with your turkey.

Place 5 or 6 unpeeled onions (1/2 lb. each) in a 9"x13" pan. Bake in a 325F oven until onions give readily when gently squeezed, about 1-1/2 hours.

Lift from pan and cut each onion in half lengthwise. Season to taste.

From: Sunset, Nov. 1998

## Braised Onions, Shallots and Leeks

-----

1 tsp. extra virgin olive oil

3 red onions, cut into thick wedges

fresh basil, minced, or dried basil

juice of 1 lime

4 or 5 shallots, halved

3 Vidalia (or yellow) onions, cut into thick wedges

3 leeks, cut lengthwise, rinsed well and sliced into 2" lengths

Heat oil in deep skillet over low heat. Add onions and cook, stirring until they begin to soften, about 10 minutes. Add shallots and cook, stirring, 4-5 minutes. Add leeks and cook, stirring, until bright green and tender, 5 minutes. Add a little water and a sprinkling of basil. Cover and simmer until any remaining liquid has been absorbed. Remove from heat and stir in lime juice.

From Cooking the Whole Foods Way by Christina Pirello.

## Italian Onion Antipasto

-----  
4 large onions, peeled and ends removed  
4 cloves garlic, peeled  
4 pinches of dried thyme  
extra virgin olive oil  
4-6 leaves of romaine or red leaf lettuce

Preheat oven to 375F (190C). Lightly oil a shallow casserole dish. Stand the onions on their root ends in the casserole dish. Press a clove of garlic and a pinch of thyme into the center of each onion. Drizzle with a little olive oil. Add just enough water to cover the bottom of the baking dish, cover, and bake 40 minutes. Remove cover and return casserole dish to oven for about 10 minutes or until onions are tender. Remove onions from casserole, slice into thick wedges, and serve 2 or 3 hot wedges on lettuce.

From Cooking the Whole Foods Way by Christina Pirello.

#### Roasted Yellow Peppers

-----

4 large yellow bell peppers, about 2 pounds  
3 Tbsp extra virgin olive oil  
2 Tbsp shredded fresh basil, or 1 1/2 Tbsp chopped fresh parsley and 1 tsp dried basil  
pepper to taste

Preheat oven to 475F. Set peppers on a baking sheet, and brush with 1 Tbsp oil to coat lightly. Bake, turning once or twice, for 20 minutes, or until skins begin to blister. Place peppers in a brown bag or plastic bag to steam for 10 minutes. Pull skins from peppers. Remove stems, seeds, and membranes. Tear peppers into 4 to 6 pieces each. Lay roasted peppers flat on a serving plate. In a small bowl, mix the remaining 2 Tbsp olive oil, basil and slat/pepper. Pour over roasted peppers.

From 365 Easy Italian Recipes by Rick Marzullo O'Connell

#### Peperoni al Forno

-----

4 very large green, red or yellow sweet peppers, peeled and seeded  
2 large ripe tomatoes, peeled  
1/2 cup black olives, pitted and coarsely chopped  
1 large onion, thinly sliced  
2 garlic cloves, chopped  
4 anchovies, drained and chopped (optional)  
pepper  
1 cup parsley sprigs  
1/2 cup fresh minced basil or 2 tbsp dried basil  
1/4 to 1/2 cup olive oil

Cut peppers into wide strips. Cut tomatoes into wedges the size of the pepper strip. Put peppers, tomatoes, olives, onion, garlic, and anchovies into a baking dish. Season with pepper. Mince together the parsley and basil, and sprinkle over the vegetables. The sprinkle with olive oil. Cook at 350 F for about 30 minutes.

From Nika Hazelton's Way with Vegetables

#### Whole Roasted Bell Peppers

---

Prep Time: about 1 hour, roast with your turkey

Rinse 5 or 6 red and/or yellow bell peppers (1/2 lb. each). Cut out stems and remove seeds and pith. Place peppers in a 9"x13" pan. Bake in a 325F oven until wrinkled and tender when pierced, about 1 hour. Cut in half lengthwise and season to taste.

From: Sunset, Nov. 1998

#### Provencal Vegetables

---

3 tablespoons virgin olive oil

1 medium red bell pepper, finely diced

1 medium zucchini, finely diced

1 medium yellow squash, finely diced

In a large skillet, heat the oil over medium-high heat until shimmering. Add the pepper, zucchini, and squash and saute until tender, 3 to 4 minutes.

To serve:

1 cup greens of your choice [I used mesclun]

About 1/2 cup Lime Dressing [recipe elsewhere]

When ready to serve, toss the greens with 1/4 cup of the Lime Dressing and the Provencal vegetables. Divide among 4 plates, arrange 1 quail breast and 2 legs around the greens, and drizzle with additional Lime Dressing.

From: French Food American Accent by Debra Ponzek via Kay in RFC

#### Pimentos

---

A pimento is simply a blanched, skinned sweet red pepper. They are easy to make. Stick a red pepper on a serving fork. Char the skin over an open flame (stove) until the skin turns black. Turn off the flame, put the pepper in a paper or plastic bag and close it for about 2 or 3 minutes, the pepper will steam a bit through its own heat. At that point slide off the

skins under running water. The skins will slide right off. Tear open and remove the seeds and you have pimentos.

From: James Alpigni on the PaleoFood list

#### Eastern Pine Tips with Venison

Gather the pine trees spike-like flower clusters. Cook with chunks of venison or beef in a pot until meat is done.

From Tom Kuhn, Native American archeologist

#### Marinated Tomatoes

5 large ripe tomatoes

1/4 cup olive oil

1 1/2 Tbsp lemon juice

1/2 clove garlic, minced

1/2 tsp oregano

1/8 tsp pepper

chopped parsley

Peel tomatoes and cut into thick slices. Combine remaining ingredients and pour over tomatoes. Chill thoroughly, stirring once or twice. Garnish with parsley.

From Cynthia A. Morgan in The Great Tomato Cookbook

#### Yams

Wash the yams and pat dry. Put on a cookie sheet in a pre-heated 425 degree oven until the yam is soft, usually about 30 minutes; depending on their size. Peel it then and they are ready to eat either warm or cold, with oil or not. This is my favorite way of cooking it.

When making either chicken or vegetable soup: peel them, cut them into cubes, and add to the soup.

From: C. M. D'Orazio on PaleoFood list

#### How to cook a yam

In the US the most common way is probably to bake it in the oven at 350 F., either in aluminum wrap or uncovered.

Another good way is to slice it thin (raw), and saute it with green onions and garlic, in olive oil.

From: Buji Kern on the PaleoFood list

## Yams

Bake the yams or make yam fries in the oven.

Oven @ 400. Bake 15 min and then turn and bake for 15 min more depending on the thickness. Bake in olive oil or coconut oil or animal fat on a cookie sheet.

From: Susan Carmack on PaleoFood list

## Yam Sundae Recipe

Take a yam, preferably garnet (the darker red variety). Bake in a 350 degree oven for a couple of hours or so, until the meat has visibly shrunken from the skin. The juices will have somewhat caramelized. Let cool at least enough to handle. Slit skin open and scoop out a reasonable serving into a cup or small bowl. Top with two or three tablespoons of crushed, shelled walnuts and an equal amount of maple syrup. Nuke for 40-50 seconds to heat all together. A light grating of sweet spice such as allspice, nutmeg and or cloves is optional.

From: Katie Bretsch on PaleoFood list

## Sweet'n Crunchy Zucchini Chips

1. Slice Zucchini into 1/4 inch "chips"
2. Dry the chips in a food dehydrator. (105 degrees recommended)
3. Eat the chips plain, dip into avocado or guacamole, or add to cold raw soups or salads.

From David Klein, <http://www.living-foods.com/livingnutrition>

## Chopped Zucchini Mexicano

Serve this hot and pretty salad on a bed of sprouts or as stuffing in a red pepper. Use the highly flavored jalapeno, garlic and cilantro to taste. Some jalapenos are devilishly hot, so be careful. This salad is intended to be a side dish rather than an entree. It looks attractive on the plate and its intense flavor works well as a condiment.

1 medium Zucchini, chopped  
1/4 red onion, chopped  
1/2 red pepper, chopped  
1/2 - 1 jalapeno pepper, chopped (to taste)  
1/4 cup chopped cilantro (or more, to taste)  
1 small clove garlic, minced  
Pinch ground coriander seed  
Dash lemon juice

Toss together, adjust seasonings. Serves 3-4 as a side dish.  
From by Nomi Shannon, <http://www.livingfoods.com/rawgourmet>

### Zucchini with Apples

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1 1/2 pound small zucchini, thinly sliced  
4 Tbsp olive oil (substituted for butter in original recipe)  
1 medium onion, chopped  
2 eating apples, chopped  
2 fresh tomatoes, peeled and chopped  
2 Tbsp fresh chopped parsley  
pepper to taste

Set a small pan of water to boil. Drop the zucchini slices into the boiling water for 30 seconds. Remove immediately and drain. Heat the oil in a fry pan and sauté the onion until it is transparent. Add the apples and stir well to coat. Add the tomatoes and the blanched zucchini. Stir well, then add the parsley. Season this mixture, and leave it to cook, covered, over a gentle heat for 5-10 minutes, until the zucchinis are soft. Serve hot.

From Linda McCartney's Home Cooking

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## PaleoFood Recipe Collection Contents

## Stuffings and Force meat

### Adding Chestnuts to Stuffing

You might try using chestnuts as part of a stuffing for roasted poultry, particularly turkey. My Grandmother always added chestnuts to her stuffing. It adds a very pleasant nuttiness to the stuffing. Cut the chestnuts in half and boil them in water until tender then remove shells and inner peel or boil in the intact shells with a cross hatch cut in the flat bottom to aid peeling. Cool and crumble the pieces into a large mixing bowl. Add sauteed ground meats and sausage, sauteed onions or shallots or garlic, ... egg and herbs and seasonings of your choice. Blend well and stuff.

From: kate@wwa.com

### Paleo Friendly Poultry Stuffing

2 cups finely ground blanched almonds  
1 cup chopped onion (use chopped dried onion for a better flavour)  
1/2 cup chopped celery (optional)  
1 teaspoon ground sage  
1 teaspoon ground thyme  
chopped parsley  
1 tablespoon mild-flavoured oil (more if it seems too dry)  
pepper to taste

Mix together all ingredients. Fill cavity of bird with the mixture, then roast.

From: Cecilia Thornton-Egan

### Turkey with Fruit-and-Nut Stuffing

From: [http://www.marthastewart.com/Nav/television\\_prog.html](http://www.marthastewart.com/Nav/television_prog.html)

11/23/98

### COOKING: FRUIT-AND-NUT STUFFING

Today, Martha stuffs a free-range organic turkey from upstate New York with a fruit-and-nut stuffing that contains neither bread nor rice, the conventional foundations for stuffing. Made from a cornucopia of dried and fresh fruit and nuts, this stuffing, which is rich in vitamins and fiber, offers up a tumult of color, like the floor of the woods just after peak leaf-peeping season. Though it contains many ingredients that are not native to the Americas—among them prunes, which originated in Western Asia, currants, which hail from Greece, and macadamia nuts, natives of

Australia—its plenitude of ingredients is very much in the spirit of the first Thanksgiving feast, which included ducks, geese, venison, lobsters, clams, and sea bass in addition to turkey. You will need to soak the dried fruit overnight in bourbon (named for Bourbon County, Kentucky), which, aside from the whole raw cranberries in this recipe, is perhaps the most American of its ingredients.

If the nuts are salted, place them in a strainer, run cold water over them, and then dry on paper towels. After you've stuffed the turkey, insert an apple into the cavity to seal it. Sew the turkey with a trussing needle and string. Then truss the turkey with string and poultry lacers—stainless-steel skewers used to secure the stuffing in the neck end of the cavity.

Always take care to stuff the bird just before cooking. To ensure that the stuffing cooks evenly, don't overstuff the bird. Never mix raw meat or vegetables into a stuffing, and don't leave either stuffing or turkey sitting out for more than two hours.

#### RECIPE

##### FRUIT-AND-NUT STUFFING

Makes about 10 cups

18 whole pitted prunes  
1/2 cup dried currants  
1 cup dark raisins  
24 dried apricot halves  
1/4 cup orange juice  
3 tart cooking apples, unpeeled, cored, chopped  
3 large onions, diced  
2 celery stalks, diced  
6 tablespoons olive oil  
2/3 cup whole macadamia nuts, unsalted  
2/3 cup whole brazil nuts  
1 cup walnut pieces  
2 cups whole raw cranberries  
1 teaspoon ground cloves  
1/4 teaspoon cayenne pepper  
1/2 teaspoon ground ginger  
1 teaspoon ground cinnamon  
1 teaspoon dried chervil leaves  
1 teaspoon finely minced fresh flat-leaf parsley  
2 teaspoons coarse sea salt  
1/2 teaspoon freshly ground black pepper  
2 eggs, slightly beaten

1. Put the prunes, currants, raisins, and apricot halves in a bowl, and pour the orange juice over the fruit. Cover bowl, and soak overnight.

2. Combine the apples, onions, and celery in a large skillet along with four T olive oil. Cook the mixture over moderate heat, stirring occasionally, until the onions are soft and the celery is tender, about 10 minutes.

3. Heat 2 teaspoons olive oil in a skillet and add the nuts. Toast them, stirring constantly, until golden.

4. Transfer the sautéed onion mixture to a large mixing bowl. Add the macerated fruit, the toasted nuts, and all remaining ingredients. Gently mix the stuffing with 2 large spoons or your hands until evenly blended. Set the stuffing aside while you prepare the turkey for roasting.

5. After the turkey has been stuffed, any remaining stuffing can be cooked separately. Place stuffing in an oiled baking dish, cover and bake at 350 degrees for about 45 minutes until heated through.

Adapted by Patti Vincent

#### Sausage and Apple Stuffing

---

10 slices bacon (6 oz), diced

2 pounds pork sausage meat

2 large onions, chopped (2 c)

8 oz. medium mushrooms, sliced (2 c)

3 medium ribs of celery, chopped (1 c)

1 tsp. dried sage leaves, crumbled

1 tsp. dried thyme leaves

1/2 tsp. salt

1/4 tsp. pepper

1 pound tart apples, cored and cut into 1/2" pieces (3 c)

1 cup chopped fresh parsley

Cook bacon until it just begins to brown, Crumble sausage meat in same pan and cook till done. Add onions, mushrooms and celery cooking until onions and mushrooms are wilted. Stir in sage, thyme, salt and pepper, then the apples. Remove from heat, add parsley.

From: David Van Ess in rec.food.recipes

Adapted by Patti Vincent

#### MMMMMM---- Recipe

Title: Sausage and Cranberry Stuffing

Categories: Side dish

Yield: 1 Servings

2 Eggs, slightly beaten

4 md Onions, finely chopped

6 Stalks celery, finely chopped

2 lb Pork Sausage,

Panfried and drained  
8 oz cranberry sauce

Cook sausage, chopped onion and celery. Remove from heat. Add eggs, and cranberry sauce. Stuff 18 to 20 pound turkey and cook as directed for weight of turkey. To stuff 8 to 10 pound bird, cut recipe in half. Any remaining stuffing can be baked separately in covered casserole for 30 minutes at 350 degrees. \*\* This recipe was the grand prize winner in a recent Jones sausage recipe contest.

Posted by brawny@mindspring.com to rec.food.cooking

Adapted by Patti Vincent

MMMMM

#### Sausage and Mushroom Dressing

---

4 onions, thinly sliced

2-4 T. olive oil

4 cups of mushrooms (oyster or regular white mushrooms will do)

pepper

1/2c. chicken broth

2 T. side pork grease

2 lbs turkey sausage

tarragon (or maybe sage)

Saute the onions in olive oil over medium/low heat until carmelized..for about 30 minutes. Turn up the heat and add the mushrooms. Saute them until crips around edges..about 10-15 minutes. Season with pepper. Turn the heat on high and add wine...(or chicken broth) If you using wine let it cook off..if you use chicken broth..just add it...and let simmer. Let this simmer..mushrooms and all for about 10 minutes..then add the grease..1T. at a time until combined. Remove from heat and set aside.

Then brown the sausage. After it's cooked thoroughly add to the mushroom mixture along with the tarragon.....or sage and combine thorougly. Then either stuff it in your turkey or bake like regular dressing.

From: MsMystic@aol.com on the Atkins mailing list

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## PaleoFood Recipe Collection Contents

## Shellfish:

### Mollusks, Ceviches, Shrimp (Non-curried), Shrimp Curries, and Lobster

### Clams, Oysters, Mussels, and Scallops

Teesryo (Goan Clams)

-----  
2 1/4 lbs clams  
3 tablespoons olive oil  
4 cloves garlic, chopped  
1 1/2 inch piece fresh ginger, chopped  
1 medium onion, chopped  
2 fresh hot green chile peppers, seeded and chopped  
2 teaspoons turmeric  
2 tablespoons ground coriander  
1 teaspoon cayenne pepper  
1 cup freshly grated coconut (you can use less)  
1 tablespoon lemon juice  
1 tablespoon chopped fresh coriander leaves (cilantro)

Heat the oil and fry the chopped garlic, ginger, onion, and chile peppers until the onion is golden brown. Stir in the turmeric, ground coriander, and cayenne pepper. After a few minutes add the clams.

Simmer, covered, for about five minutes, by which time the clam shells should have opened. Remove from heat and put in a serving bowl. Sprinkle with the freshly grated coconut, lemon juice and fresh coriander.

From: Jennifer Freeman

Mussels in Hot Pepper Sauce

-----  
2 quarts mussels  
1-2 cups water  
1 tbsp olive oil  
1 large garlic clove  
1/2 cup chopped onion  
6 oz. tomato paste  
2 1/2 cups liquid from the mussels  
1/2 tsp oregano  
1/4 tsp (or to taste) crushed red pepper flakes, crushed

Rinse mussels in colander several times with cold water and scrub with a stiff brush to remove sand. Place mussels in pan with 1-2 cups water; steam until open. Reserve the liquid, add enough water to make 2 1/2 cups liquid and set aside. Heat oil. Sauté garlic and onion. Add remaining ingredients and simmer 30 minutes. Put mussels, in their shells, in a shallow baking

dish. Cover with sauce. Bake at 425F for 15 minutes. Serve on the half-shell. Note: It might be necessary to strain the reserved broth.  
From: Mrs. K. B. Mellon in "Three Rivers Cookbook II"

Fresh Oyster Dolmades w/Lemon & Caviar      No. 2763

-----

3 Qts	Water
1 Tbls	Salt
30 LARGE	Spinach Leaves, Must Be Flat & Perfect w/ Stems Trimmed
24 LARGE	Oysters w/their Liquor
1/2 Cup	Clam Juice
-	Salt
-	White Pepper, Ground
-	Nutmeg, Grated
2 Tbls	Sweet Butter
3 Tbls	Lemon Juice
1 Tbls	Black Caviar
2 tsp	Pimento, Diced Fine
1	Lemon, scored & sliced thin for Garnish

Place the water in a (4 Qt) saucepan. Add the salt. Bring to a boil. Add the spinach. Cook 30 seconds. Drain. Transfer the leaves to a bowl of ice water (do NOT tear the leaves - they MUST remain perfect). Combine the oysters with their liquid in a small saucepan. Add clam juice if needed. Simmer over high heat until barely cooked (just beginning to get firm). Drain thoroughly. Spread the spinach leaves out on a towel. Place one oyster off center at the top of each leaf. Season lightly with salt, pepper and nutmeg. Wrap each oyster by folding the tip of the leaf over and then turning in the opposite sides. Roll the oyster towards the stem to make a neat package. Set aside. Melt the butter in a large skillet over medium heat. Arrange the dolmades, seams down, and heat until just barely warm (3-4 minutes). Transfer to a serving dish. Add the lemon juice to the skillet. Heat through. Pour into a small bowl. Stir in the caviar. Spoon the mixture sparingly over the dolmades. Dot each with 1 or 2 pieces of pimento. Garnish with thin slices of lemon. Serve. Yields 12 Servings  
Posted by Joel Ehrlich to rec.food.recipes

Oyster Perloo

-----

1 qt. oysters, drained
4 slices bacon
1 medium onion, chopped
2 ribs celery, chopped
1 small bell pepper, chopped
salt and pepper to taste

Fry bacon in heavy Dutch oven until crisp. Remove bacon. Saute' onions, celery and pepper in bacon grease until onions are translucent. Crumble bacon and return to pot. Add drained oysters and cook until they release juice, 1 to 2 minutes. Serves 4.

[Queenie Mae Boyd]

[Source: "The Pirate's House Cookbook" by Sarah Gaede; ISBN 0-939-114161-5]

Posted by Carl McCaskey to rec.food.recipes

Adapted by Patti Vincent

----- Recipe

Title: OYSTER STEW I

Categories: Soups, Seafood, Main dish

Yield: 4 servings

1 c coconut milk  
1 c chicken or vegetable broth  
1 pt Shucked oysters  
-(do not drain)  
2 tb bacon grease  
1/4 ts Salt  
1/4 ts Celery salt  
1 pn Pepper  
1 pn Paprika

HEAT 4 SOUP BOWLS. Heat the milk and broth in a large heavy saucepan over moderately high heat. Drain the oyster liquor into a separate saucepan and bring to a boil. Spoon 2 tablespoons of the hot liquor into a third saucepan, add the oysters and bacon grease, and heat, uncovered, over moderate heat, swirling the oysters around 3 to 4 minutes until their edges just begin to ruffle. Add the oysters at once to the hot milk mixture, mix in the hot oyster liquor, salt, celery salt, pepper and paprika. Ladle into the heated bowls and serve piping hot.

Posted by BeckiBLu@aol.com to rec.food.recipes

Adapted by Patti Vincent

----- Recipe via UNREGISTERED Meal-Master (tm) v8.02

Title: Fish Broth with Oysters and Saffron

Categories: Soups, Seafood

Yield: 4 servings

1/8 c olive oil  
1 md Onion, coarsely chopped  
1 1/2 ea Carrots \*\*\*  
3 ea Celery \*\*\*

2 sm Leeks \*\*\*  
6 ea Parsley stems  
2 ea Garlic, cloves, crushed,  
-- peeled  
2 ea Bay leaves  
1/2 ts Juniper, berries  
1 lg Tomato, cut into wedges  
3 lb Bones, fish, and trimmings  
1 c Wine, white, dry (optional)  
6 c Water, cold (approximately)  
1/4 ts Salt (or to taste)  
4 ea Clams  
8 ea Oysters, shucked  
8 ea Radicchio leaves  
1/4 ts Saffron threads

\*\*\* Split the carrots, celery and leeks lengthwise in half. Clean, peel, and slice the vegetables into 1/2-inch-thick slices.

In a stockpot over medium-high heat, add olive oil. Add the onions, carrots, leeks, parsley, garlic, bay leaves and juniper berries, tossing the mixture well to coat. When the vegetables begin to sizzle, reduce the heat to medium low and cover. Cook, covered, stirring occasionally, about 10 minutes.

Add the tomato to the stockpot and stir for 1 minute. Add the fish bones and trimmings and white wine. Cook this mixture for 5 minutes, stirring occasionally. Add cold water to cover and raise heat to medium high. Bring to a boil, skimming all of the froth from the surface as it forms. Immediately lower heat and simmer gently, uncovered, for 35 to 40 minutes. Strain the mixture, pressing the solids firmly to extract all liquid. Discard the solids. Add salt to taste.

Heat 4 cups fish broth in a saucepan. Steam clams separately in small amount of broth just until shells open, removing each shell as it opens. Transfer to 4 warm soup bowls; strain clam broth into warm fish broth, avoiding any grit at the bottom.

Add oysters to fish broth and cook gently over low heat, uncovered, just until edges curl, about 1 minute. Place 2 oysters in each bowl. Ladle warm broth into bowls. Add radicchio leaves and saffron and serve.

Source: New York's Master Chefs, Bon Appetit Magazine  
: Written by Richard Sax, Photographs by Nancy McFarland  
: The Knapp Press, Los Angeles, 1985

Chef: Leslie Revsin, One Fifth Avenue Restaurant, New York  
Posted by BeckiBLu@aol.com to rec.food.recipes  
Adapted by Patti Vincent

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## Ceviches

### Ceviche

2 pounds bay scallops (if sea scallops are used, cut in halves or quarters)  
1 cup lime juice  
1 large onions, chopped  
20 stuffed Spanish olives, sliced  
1/2 cup water  
3 tomatoes. peeled and cut into chunks  
1 cup NeanderThin ketchup  
1/2 cup olive oil  
1 tsp oregano  
1/8 tsp white or black pepper

Marinate scallops in lime juice for 3-4 hours. Drain, rinse in cold water. Combine onion and remaining ingredients. Add scallops and marinate overnight.

From: Phyllis Baskin in The Great Tomato Patch Cookbook

MMMMM----- Recipe

Title: Conch and Lobster Ceviche  
Categories: Seafood  
Yield: 6 Servings

2 c Conch, cleaned & diced  
2 c Lobster, diced  
1/4 c Red onion, diced  
3 Scallions, sliced  
1/2 sm Red pepper, diced  
1/2 sm Yellow pepper, diced  
1/2 sm Green pepper, diced  
1/2 sm Papaya, peeled, seeded  
2 Jalapeno, chopped  
1/2 bn Cilantro, chopped  
1/2 bn Basil, chopped  
1/2 bn Mint, chopped  
1 tb Ginger, grated

1/2 Lime, juiced  
1/4 c Rice wine vinegar  
1/2 c Olive oil  
Salt & pepper, to taste  
1 pn Habanero powder

In medium bowl, combine all ingredients and mix well. Season to taste.

Marinate for 3 hours in refrigerator, tossing occasionally.

Just before serving, adjust seasonings. Freeze stemmed glasses and fill with ceviche.

From: Mr. Bill in rec.food.cooking

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MMMMM----- Recipe

Title: Avocado & Scallop Ceviche  
Categories: Appetizers, Seafood  
Yield: 8 Servings

1/2 c Lime juice  
3 tb Olive oil  
24 Green peppercorns; crushed  
Salt & pepper, to taste  
3/4 lb Bay scallops, chopped  
1 lg Avocado; peeled  
2 tb Chives, chopped  
40 sm Mushrooms  
1/4 c Olive oil  
2 tb Lemon juice  
1 md Garlic clove

Combine lime juice, oil, peppercorns, salt and pepper together in a glass or ceramic bowl. Stir in the scallops, cover and refrigerate for at least 4 hours while they marinate. They should become opaque in this time.

Mash the avocado until almost smooth, then add it along with the chives or scallions to the marinating scallops (do not drain them) and mix well. Set aside for at least 1/2 hour, refrigerated.

About half an hour before serving the scallops, remove the stems from the mushrooms and wipe them to remove any dirt. Combine the vegetable oil, lemon juice, garlic, salt and pepper in a small bowl, and brush the insides of the mushrooms liberally with the mixture. Just before

serving, drain the caps and fill with the scallop mixture. Garnish with additional chives, if desired.

From: Mr. Bill in rec.food.cooking

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MMMMMM---- Recipe

Title: Scallops Ceviche

Categories: Seafood, Soups

Yield: 4 Servings

1 lb Scallops  
1 c Lime juice  
2 Garlic cloves, minced  
1 Red bell pepper, julienne  
2 Green sweet chili, julienne  
1/2 bn Coriander, chopped  
1 lg Tomato, cored, chopped  
2 Jalapeno, chopped  
1/2 c Olive oil

Slice the scallops in thirds, cutting them in a way that preserves the shape and gives a uniform size. Place the scallops in a bowl, add lime juice and marinate for 1 hour.

After an hour, add the garlic, red bell pepper and sweet green chili. Mix thoroughly.

Add coriander, tomato, and Jalapeno chilies. Add olive oil and mix well. Serve immediately. Do NOT keep more than 2 or 3 hours.

From: Mr. Bill in rec.food.cooking

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MMMMMM---- Recipe

Title: Grilled Shellfish Ceviche

Categories: Seafood

Yield: 6 Servings

3/4 lb Shrimp; shelled  
3/4 lb Sea scallops  
3/4 lb Salmon fillet  
1 c Tomatoes, diced  
1 c Mango, diced  
2 Grapefruit

3 Oranges  
4 Limes  
1/2 c Red onion, diced  
2 Jalapeno, minced  
4 c Lime juice  
1 c Cilantro, chopped  
1 tb Raw Honey  
Salt and pepper, to taste

In a large nonreactive bowl, combine the scallops, salmon, shrimp, tomatoes, mango, onion, jalapeno and lime juice. Marinate, refrigerated, for 3 hours.

Peel and segment fruits.

Remove from marinade and grill fish and shellfish, just long enough to get grill marks 30-60 seconds. Cut all fish in a 1/2-inch dice. Just before serving, drain off as much lime juice as possible from the fruit, add the cilantro, honey, shellfish and salmon. Gently mix being careful not to break up the fruit and fish.

Adapted from: Mr. Bill in rec.food.cooking

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### Shrimp Ceviche

---

1 lb. popcorn shrimp, thawed (or fish, scallops, oysters, etc.)  
Juice of 3 limes

Combine these together thoroughly in a ceramic or glass bowl. Cover, pop in the fridge and ignore for 24 hours. The lime juice "cooks" the seafood and preserves it.

1/2 red onion finely chopped  
1 or 2 jalapenos chopped, depending on taste (for hotter use habanero)  
3 fresh tomatoes chopped  
1 tsp. garlic powder  
1/2 cup chopped cilantro  
Juice of 3 limes  
Salt and pepper to taste.

Take the shrimp from the fridge and drain thoroughly. In some of the ceviche recipes we've found, they do not call for pouring off the first lime marinade. But, we found the flavor is much fresher when you do.

Add the remaining ingredients and refrigerate for at least two hours before serving. The thicker the seafood the longer it takes to marinade. Place in tall cocktail glasses for a pretty presentation or over a bed of salad

greens with slices of avocado.

Posted by Judith Stone to rec.food.recipes

## Shrimp - (Non-Curries)

### Broiled Marinated Shrimp

-----  
16 extra large shrimp, about 1 pound, shelled and deveined  
3/4 cup extra-virgin olive oil  
3 garlic cloves, chopped  
1/2 tsp pepper  
3 lemons, cut into wedges  
2 Tbsp chopped fresh rosemary or 2 tsp dried

Place shrimp on 4 long metal skewers, threading thru tails and body. Combine oil, garlic, rosemary, and pepper in a shallow dish. Place skewered shrimp in dish, and turn to coat well. Marinate shrimp, turning several times, for 2 hours in refrigerator. Preheat broiler. Set skewers on a baking sheet set 3 inches from the heat and broil shrimp, turning once, until lightly browned, and just opaque inside, about 5 minutes. Brush with any remaining herb oil just before serving, and pass lemon wedges on the side.

From: 365 Easy Italian Recipes by Rick Marzullo O'Connell

### Coconut Shrimp

-----  
1-1/2 lb. raw prawns (or shrimp)  
2 c. thick coconut milk  
1 Tbs. minced garlic  
1 tsp. minced ginger root  
1 tsp. salt  
1/4 tsp. black pepper

Wash shrimp but do not shell them. Place into a saucepan with coconut milk, garlic, ginger, salt & pepper. Bring to a boil, stirring. Reduce heat and simmer uncovered 15 minutes. Stir frequently.

This recipe is from the Phillipines.

Posted to rec.food.cooking by Jill McQuown

### Lucious Lime Shrimp

-----  
3 T fresh lime juice  
1 green onion, chopped

2 T chopped fresh cilantro  
1 t minced, seeded jalapeno  
1 t olive oil  
1/2 t minced garlic  
20 large shrimp (about a pound) peeled & de-veined  
1 T minced red pepper  
20 cucumber slices

Stir together lime juice, green onion, cilantro, jalapeno, oil, and garlic in medium bowl. Toss the shrimp with 2 tablespoons of the dressing in another medium bowl. Cover and refrigerate shrimp for 30 minutes. Preheat broiler (or grill). Broil shrimp about 3 inches from heat for 1 1/2 minutes per side or until opaque. Immediately toss hot shrimp with the remaining dressing and red pepper and cool to room temperature. Arrange shrimp on cucumber slices. Make 20 appetizers.

From: <http://lark.cc.ukans.edu/~lash/recipes/>

#### Enbrochette

-----

6 strips of bacon  
12 peeled and de-veined shrimp  
12 raw oysters  
olive oil

Cut bacon strips in half. Hold a shrimp and oyster together and wrap with a strip of bacon. Use toothpick to hold the enbrochette together. Heat vegetable oil to 350 degrees. Drop the embrochette in the oil and cook approximately 3 minutes. Remove from the oil and drain excess grease.

From: <http://lark.cc.ukans.edu/~lash/recipes/>

Adapted by Patti Vincent

#### Island Barbequed Shrimp

-----

1 lb shrimp, jumbo or large, cleaned, tails on  
2 Tbs olive oil  
1 Tbs garlic, finely minced  
1 Tbs rosemary, chopped fresh  
1/2 tsp thyme, chopped fresh  
1/4 tsp cayenne pepper, or to taste  
1/4 tsp salt  
2 limes, halved

Combine all except shrimp and limes. Marinate at room temperature for 1 hour. Heat a dry skillet over medium-high heat. When skillet is hot, lay shrimp in pan. Cook shrimp 2-4 minutes per side. Brush with remaining marinade before turning. Serve with lime.

From: [johnstoc@addor.med.unc.edu](mailto:johnstoc@addor.med.unc.edu) (Charlie Johnston) 29 Jun 1994

Scampi

-----

Take about a pound of shrimp, shelled and deveined.  
Marinate the shrimp all afternoon in a big bowl of:  
1/2 to 1 cup olive oil  
1/4 cup lemon juice  
1/4 tsp pepper  
4 garlic cloves, peeled and mashed  
1/2 tsp oregano  
(vary the spices to your taste)

Then you can either broil the shrimp or panfry them.

From: JoAnn

Shrimp Scampi

-----

1 lb cleaned raw shrimp (peeled and deveined)  
1 small onion, chopped very fine  
1 large garlic clove, minced  
1/3 c olive oil  
2 tbsp fresh parsley, finely chopped  
2 tbsp lemon juice  
1/2 tsp salt  
1/2 tsp pepper

In a medium bowl, combine shrimp, 1/2 of oil, parsley, lemon juice, salt and pepper. Mix well, cover, and refrigerate for 30 mins

Preheat grilling machine for 5 mins

Combine onion, garlic, and remaining 1/2 of oil in a small bowl and mix well. Spread this mixture evenly in the grilling machine close lid and grill for 5 mins.

Add all of the shrimp mixture to onions and garlic, spread out evenly close lid and grill for an additional 3-4 mins.

Serves 4

From: George Forman Grill cookbook

Adapted by Patti Vincent

## Shrimp - (Curries)

Verra Moolee (Kerala Prawns in Coconut Milk)

-----

2 1/4 lbs large prawns (shrimp), shelled and deveined  
3 1/2 fl. oz. olive or coconut oil  
1 medium onion, finely chopped  
4 cloves garlic, minced  
1 1/2 inch piece fresh ginger, minced  
4 fresh hot green chile peppers, seeded and minced  
2 tablespoons ground coriander  
1 teaspoon turmeric  
16 fl.oz. coconut milk  
2/3 cup fresh coriander leaves, chopped

Heat the oil and fry the onion until golden brown. Add the garlic, ginger, and chile peppers and cook with the onions for about 5 minutes. Stir in the spices and after a few seconds pour in the coconut milk. Simmer for approximately 15 minutes until the coconut milk has thickened and slightly reduced.

Add the prawns and cook them gently in the spiced coconut sauce until done, about 5 minutes. Just before serving stir in the chopped coriander leaves.

From: Jennifer Freeman

Prawn, Indian style

I applied my sister's western Indian style method (not sure whether it's Goanese or Maharashtrian) of making prawns to prepare mushrooms. It was really good, and I thought someone might like to try it.

Make a masala of dry roasted coriander (2 TBS), fenugreek (methi) seeds (1/4 tsp), black pepper (1 tsp).

Heat a little oil, add to it mustard seeds, let them pop, then chopped up onions, garlic, ginger and curry leaf.

To this add water, salt, turmeric, the masala, and lime juice (I used lemon).

Boil 5 min (it thickens and changes colour in a most satisfying manner).

Add to this the prawn (or mushrooms, as I did) and coconut milk (maybe less than half of one of the cans) and cook until done.

The combination of lime juice and pepper in this context is something to experience.

From: Geeta Bharathan in rec.food.cooking

Shrimp Curry

-----  
2 Tbsp olive oil  
1 medium onion, finely chopped  
1 (8 oz) can tomato sauce  
2 tsp minced fresh ginger (essential)  
2 cloves garlic, minced  
1/2 tsp cumin  
1/2 tsp coriander  
1/2 tsp turmeric  
lime juice  
1 package (6 oz) frozen shelled, deveined shrimp, thawed, OR an equivalent amount of fresh or canned shrimp

Heat oil and sauté onion at low temperature until golden brown. Add tomato sauce, ginger, garlic, and spices. Bring to simmer. Add a little water if too thick. Add shrimp to sauce. Simmer 5 minutes. Add a little lime juice just before serving.

From: Barbara Schrading in The Great Tomato Patch Cookbook

#### Quick Shrimp Curry

-----

1 onion wedged  
1-2 cups frozen shrimp  
cayenne  
garlic  
curry powder  
2 cups frozen vegetables, I used broccoli and yellow (summer) squash

Stir fry in walnut oil and a little water until thawed through and almost hot add 1/4 to 1/2 cup pure coconut milk and more curry powder, stir to coat and cook until heated through. Serve. Takes about 15 minutes, max. A quick recipe for when you want something "Different" but don't have all day and nothing is thawed. Obviously this also works with all kinds of paleo correct vegetables and meats.

From: Kathleen

#### Shrimp in Spicy Coconut Sauce

-----

Madhur Jaffrey from In Julia's kitchen with Master Chef's.

serves 6

For the red pepper paste:

1/2 medium red bell pepper, seeded and hopped  
5 medium shallots, peeled and chopped  
5 garlic cloves chopped

1 inch piece of fresh ginger chopped  
8 raw macadamia nuts chopped  
1/4 cup Madhur Jaffrey's roasted curry powder \*  
water as needed

For the sauce:

5 tablespoons olive oil  
1 teaspoon whole black (brown) or yellow mustard seed  
15 to 20 fresh curry leaves  
Red pepper paste (see above)  
1 3/4 cup of water  
3/4 to 1 teaspoon salt, or to taste  
1 tablespoon thick tamarind paste.

For finishing the dish:

2 pounds medium shrimp  
14-ounce can of coconut milk  
3 whole fresh hot green chiles

Preparing Red Pepper Paste: Put red pepper, shallots, garlic and ginger into blender in order listed so moister ingredients are on bottom. Blend and pulse until a paste is made, adding 1-3 tablespoons of water to make a smooth puree. Add cashews and curry powder and puree again to a paste. Set aside.

Preparing the sauce: Set pan over moderately high heat, add the oil and heat until very hot and almost smoking, then add mustard seeds, the oil should be hot enough for the seeds to "Pop!" As soon as they pop, just a second or two, add the curry leaves. Stir quickly and add the red pepper paste. Fry, stirring the whole time until paste is reduced, turns red-brown in color and starts to separate from the oil - 7 to 10 minutes. Stir in water, salt and tamarind paste, and bring to boil. Lower heat to low and boil slowly for 4-5 minutes. Strain through a sieve into a bowl, pushing out every bit of sauce. Return it to the pan. You can make this in the morning, but use it that day!

Shrimp: Peel and devein shrimp (I don't devein), wash and pat dry. Bring sauce to a gentle simmer. Stir up the coconut milk to blend it and add to the sauce. Add chilies to the sauce (you can leave them whole or chop them depending on your taste in heat). Bring back to a simmer and stir in the shrimp. Poach them stirring gently until they are opaque and just cooked (2-4 minutes only).

(garnishes, little red chiles and sprigs of dill).

\*Roasted curry powder:

2 tbls whole coriander seeds  
1 teas whole black peppercorns  
1/4 teas whole fenugreek seeds (I use powdered)

1 tbls red paprika  
1/4 to 1 teas cayenne pepper (I use an Indian red pepper)  
1/2 teas turmeric.

Set skillet over moderate heat and when hot pour in coriander seeds, peppercorns and fenugreek. Roast in the dry pan, stirring for about 1 minute until an aroma is released. Pour onto a paper towel and let cool. Grind spices in a coffee mill or use a mortar and pestle to get a powder. Add remaining ingredients.

From: pud in rec.food.cooking

### Shrimp Curry

---

Recipe By : Copyright © 1995 by Heidi Rabel  
Serving Size : 5 Preparation Time :0:35  
Categories : Seafood

2	pounds	medium shrimp -- 18 to 24 shrimp peeled, and set aside
1/4	cup	olive oil
2	tablespoons	minced garlic
1/2	cup	water chestnuts sliced, rinsed, and drained on paper towel
1	can	unsweetened coconut milk
1	cup	clam juice
1/2	teaspoon	crushed red pepper flakes
1/2	cup	green onion -- minced
2		green onions cut in thin slices on a diagonal
4	tablespoons	lime juice
1 1/2	teaspoons	Garam Masala Curry Paste
2	tablespoons	arrowroot mixed with 3 tbsp. water
1/4	cup	chopped fresh cilantro

Heat olive oil in a large skillet over medium high heat, until it is hot but not smoking. Add shrimp, and saute for 3 minutes, moving the pan continuously to avoid sticking or burning. With a slotted spoon, remove cooked shrimp and set aside. Turn heat down to medium low and add garlic, chestnuts, coconut milk, fish sauce, pepper flakes, minced onion, lime juice, and curry mix. Simmer for 6 - 8 minutes. Add arrowroot paste and simmer for 5 more minutes, until mixture thickens. Put shrimp back into the sauce along with cilantro and half the sliced green onion. Simmer for 3 more minutes. Transfer to a heated serving bowl and garnish with remaining sliced green onion. Yield: 5 servings.

Posted by BrigitteJ@csi.com to rec.food.cooking

## Lobster

### Coconut Lobster

-----  
Meat of 4 medium-sized cooked lobsters, shelled and cut into chunks

1/2 cup nutmilk (optional)

1 cup coconut milk

1 small onion, finely chopped

2 scallions, finely chopped

2 springs thyme

2 tablespoons curry powder

Salt and freshly ground white or black pepper to taste

Dash cayenne pepper

Fresh lime or lemon wedges

Preheat oven to 400. Mix the nutmilk and coconut milk together. Heat in a large saucepan over moderate heat. Add the onion, scallions, thyme, and curry powder. Stir and cook for about 5 min. Add the lobster chunks, salt, pepper and cayenne. Cook slowly for 7-8 min. so that all flavors are well blended. Remove to a baking dish. Bake for about 15 min. or until lobster is browned.

Serve with lime or lemon wedges. Serve in the lobster shells !! Serves 4

Adapted from: E.A.M.L.v. Loen in rec.food.recipes

### Broiled Lobster Tails

-----  
4 frozen lobster tails

2 qts. boiling water

1 Tbs salt

1/4 cup lemon juice

Drop frozen lobster tails in boiling water; add salt and lemon juice; heat to boiling again. Reduce heat, cover and simmer 20 minutes. Drain. With a sharp knife or kitchen scissors, remove soft shell-like covering on underside of tail. Drizzle olive oil over lobster meat; sprinkle with paprika. Place lobster on rack 4-6 inches from broiler. Broil 6 minutes. Serve in shell.

Modified from one in rec.food.recipes by: food.chat@simpleinternet.com

Title: Settlement Lobster Bisque

Categories: Soups, Seafood, Lobster

Yield: 6 servings

2 lb boiled lobster

2 cup chicken broth  
2 Tbsp arrowroot  
1 pn cayenne  
2 cup coconut milk  
1 cup nut milk

Remove the meat from lobster shell. Dice body meat. Chop claw and tail meat fine. Add broth to body bones and tough ends of claws, cut in pieces; bring slowly to boiling point and cook 20 minutes. Drain, reserve liquid. Add seasoning, and gradually the liquid. Combine arrowroot with coconut milk and stir in gradually. Add lobster meat and cook slowly for 5 minutes, add nut milk and serve at once.

From: Fred Towner recipe collection

Adapted by Patti Vincent

Lobster a l'americaine (Homard a l'americaine)

-----  
1 lobster, about 2 lbs  
4 tablespoons oil  
salt  
pepper  
1 finely chopped onion  
2 finely chopped shallots  
1 crushed clove garlic  
2 cups tomato juice  
1 cup concentrated fish stock  
2 tomatoes  
1 tablespoon chopped tarragon  
pinch cayenne pepper  
pinch chopped chervil  
chopped parsley

For this dish is is essential to use live lobster. Cut the spinal cord by inserting a knife where the tail and body met. Cut off the claws and tip of tail. Break shell of claws. Split carcass lengthwise. Cut head in two and remove gritty substance. Cut tail into 5 or 6 slices. Remove all creamy parts (coral) and reserve.

Heat oil in pan, add pieces of lobster and cook quickly on both sides until shell turns red. Season with salt and freshly ground pepper. Remove from pan, and keep hot. Put onion into the same pan, cook slowly until very tender, but not brown, stirring frequently. When the onion is almost cooked, add the shallots and garlic. Stir to mix thoroughly. Drain off the oil. Moisten with fish stock.

Peel tomatoes and squeeze out seeds, chop coarsely, and put in pan. Add tarragon and cayenne pepper. Lay the pieces of lobster on this foundation of herbs and vegetables, cover and cook for 20 minutes.

Drain the pieces of lobster, arrange on a dish and keep hot. Remove tarragon from the pan juices. Reduce the juices by half, add coral pounded

and mixed with 4 tablespoons bacon grease, chervil and a little freshly chopped tarragon. Remove pan from fire and whisk constantly. Pour this sauce over the lobster and sprinkle with chopped parsley. Serves two.  
From: French Cooking for Everyone by Alfred Guerot  
Posted to rec.food.recipes by Lei Gui

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## PaleoFood Recipe Collection Contents

## Fish: Baked

Poached Cod

Preheat oven to 350F.

In an oven safe dish combine cod, sliced tomatoes, olive oil, and minced garlic, parsley, chopped zucchini, calamata olives, juice of half a lime (optional) salt and pepper. Poach until fish flakes easily when tested with a fork.

From: MS Dietary Home Page [www.2x2.co.nz/ms/](http://www.2x2.co.nz/ms/)

Adpated by Patti Vincent

Crusty Fish

4 oz. fish

1 egg

1-2 Tbsp. water

1/4-1/3 C nut flour

Pepper

Crack egg into small bowl and beat egg. Add water to egg and beat both together. Add a little pepper to egg mixture and beat it. Place nut flour on a plate.

Dip fish in egg mixture, and dip moistened fish in nut flour. Coat fish with flour on both sides. For thicker coating, repeat above procedure. If egg is left, add nut flour until your batter is thick. Make a pancake out of it and place it in the same pan with fish.

From: Elaine at [www.elainecase.com/eclowcarbrecipe.html](http://www.elainecase.com/eclowcarbrecipe.html)

Louisiana Fillets

2 Tbsp olive oil (substituted for butter in original recipe)

2 1/2 pounds of fish fillets - sole, trout, snapper or catfish

2 Tbsp lemon juice

3/4 tsp. lemon and pepper spice

1/8 tsp. crushed red pepper

1/8 tsp. garlic powder

Preheat oven to 350F. Heat oil with lemon juice in a shallow pan. Coat both sides of fillets with this mix. Lay fillets side by side, overlapping slightly if necessary, in a pan. Mix spices together, and sprinkle over fillets. Bake for 20-25 minutes, depending on size of fillets and type of fish (catfish bakes the longest). Also, the pan may blacken, but that's fine, the liquid will keep the fish moist. Serve immediately.

From: Susan Craig in 3 Rivers Cookbook III

## Flounder Fillet with Dill Vegetables

---

2 Tbsp olive oil (substituted for butter in original recipe)  
1 tsp. dill weed  
2 garlic cloves, minced  
1 carrot, cut in thin strips  
1 fresh tomato, diced  
1 pound fresh flounder fillet

Heat oil in skillet over low heat. Add dill and garlic. Stir to prevent browning. Add carrots and sauté for 7 minutes. Add tomato and continue to sauté for 5 minutes. Place flounder fillet in the center of a square of foil. Pour carrot-tomato mixture over the fish. Fold foil so that fish is completely enclosed. Place in baking dish and bake for 7-10 minutes in a 325F oven. Serve immediately

From Catherine Connell in 3Rivers Cookbook III

## Baked Haddock with Tomatoes

---

1 lb frozen haddock fillets, thawed  
2-3 Tbsp. olive oil  
1 medium onion, chopped  
1 medium green pepper, chopped  
1 lb can tomatoes, chopped plus juice  
2 tsp. arrowroot powder  
3 Tbsp. fresh parsley, chopped (or 1 Tbsp. dried, but fresh is better)  
1/2 tsp. dried basil  
1/8 tsp. black pepper  
2 tsp. lemon juice (optional if tomatoes are acidic)

Sauté onion and pepper in oil about 5 min until soft. Stir in everything else except fish and lemon juice and cook over medium heat 5-10 min until it thickens. Spread half the sauce in the bottom of a 9x9" baking dish. Layer the fish on top and sprinkle with lemon juice. Top with rest of sauce. Bake uncovered 375F 10 min until flaky (test the fish with a fork).

Adapted from Diana Hamilton in *rec.food.recipes*

## Mackerel Pizzaiola

---

2 whole mackerel, 1 1/2 to 2 pounds each  
3 garlic cloves, chopped  
1 Tbsp chopped fresh parsley  
pepper to taste  
2 tsp chopped fresh oregano or 1/2 tsp dried

2 Tbsp chopped fresh basil or 1/2 tsp dried  
1 (14 oz) can Italian peeled tomatoes, drained and chopped

Preheat oven to 350F. Slash mackerel diagonally, 3 times on each side, 3/4 to 1 inch deep. Place fish in an oiled 13" x 9" baking dish. Cover fish with tomatoes, garlic, basil, parsley and pepper. Bake 35 minutes, or until fish flakes when tested with a fork. Serve with pan sauce.

From: 365 Easy Italian Recipes by Rick Marzullo O'Connell

#### Baked Salmon

---

Preheat oven to 350F

Arrange salmon fillet in baking dish slayed with olive oil.

Blanch, peel, seed and slice tomatoes.

Arrange tomatoes on fish.

Add garlic, ginger, chopped fresh dill, salt and pepper.

Bake until fish is cooked but still moist.

From: MS Dietary Home Page [www.2x2.co.nz/ms/](http://www.2x2.co.nz/ms/)

#### Another version of Baked Salmon

---

##### Salmon Fillet

2 Tomatoes(sliced)

1 large white onion(sliced)

Extra Virgin Olive Oil

Salt and freshly ground pepper

Place salmon on a piece of tin foil large enough to wrap fish for oven. Place a layer of onions over salmon and top with sliced tomatoes, drizzle extra virgin olive oil over fish.

Salt and pepper to taste.

Wrap fish and bake in 400 oven for 25 minutes or until fish is opaque.

From: MS Dietary Home Page [www.2x2.co.nz/ms/](http://www.2x2.co.nz/ms/)

#### Salmon with Leeks

---

Julienne medium size leeks and wash thoroughly in strainer.

Preheat oven to 450°F.

Place the salmon fillets in an oven-safe dish and marinate in lime or lemon juice, olive oil, minced fresh ginger, salt and pepper. Marinate covered in refrigerator at least 30 minutes.

Meanwhile, blanch the leeks in boiling water for 3 minutes and drain.

Toss leeks with olive oil, lime or lemon juice, salt and pepper.

Remove salmon to a plate and pour leeks and marinade into the oven-safe dish.

Place salmon on top of leeks skin side down.  
Bake until cooked through, about 15-20 minutes or  
until fish flakes easily when tested with a fork.  
Sprinkle with minced chives or parsley.  
Decorate with lemon or lime slices if desired.  
From: MS Dietary Home Page [www.2x2.co.nz/ms/](http://www.2x2.co.nz/ms/)

### 30 Minute Dill-Baked Salmon

---

4 salmon fillets (each 6 ounces)  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons lemon juice  
1 tablespoon chopped fresh dill  
4 lemon slices  
  
3 chopped shallots  
1 chopped garlic clove  
2 tablespoons olive oil

fresh spinach  
2 cups lightly packed basil  
1/4 cup broth or stock

Place salmon fillets on baking pan. Mix salt and pepper; sprinkle half over fish with lemon juice and chopped fresh dill. Top with lemon slices. Bake at 350F for 15 minutes. Sauté shallots and chopped garlic clove in olive oil for 6 minutes. Add [two 10-ounce packages] fresh spinach and basil; cook 8 minutes. Add remaining salt mixture and broth or stock. Boil 4 minutes. Serve salmon on greens.

Adapted from Family Circle Nov. 98

### Salmon Steaks with Watercress and Dill

---

1 bunch watercress, washed and stems removed  
1 tsp dillweed  
4 salmon steaks (about 1 3/4 pounds)  
1 tablespoon lemon juice  
1 tablespoon olive oil

Put the watercress in the bottom of a 2-quart baking dish and lay the salmon steaks on top. In a small bowl, mix together the lemon juice, oil, and dill, and pour over the fish. Cover and bake at 350 for 30 minutes or until fish flakes easily with a fork. Note: Good hot or cold. (Serves 4)

From: the Fannie Farmer cookbook, via Vickie  
Adapted by Patti Vincent

### Red Snapper Vera Cruz

---

4 red snapper fillets (4 ounces each)  
1/4 c fresh lime juice  
1 T fresh lemon juice  
1 t chili powder  
1 plum tomato coarsely chopped  
4 green onions, sliced in 1/2 inch lengths  
1/2 c chopped Anaheim pepper  
1/2 c chopped red bell pepper  
cilantro for garnish

Place red snapper in a shallow baking dish. Combine lime juice, lemon juice and chili powder in measuring c. Pour over snapper. Marinate 10 minutes, turning once or twice. Sprinkle onions, tomato and peppers over snapper. Cover. Bake at 350 for 30 minutes or just until snapper flakes in center. Let stand, covered, 4 minutes before serving. Garnish with fresh cilantro.

From: <http://lark.cc.ukans.edu/~lash/recipes/>

Adapted by Patti Vincent

### Sicilian Swordfish

---

Wash and dry fish and dredge in nut flour.

Brown fish. In a saucepan stir:

garlic  
olive oil  
whole, canned tomatoes  
chopped celery, onions  
currants (optional)  
capers  
Sicilian olives (green pitted).

Cook on medium heat for 10 minutes.

Place fish in baking dish and cover with sauce.

Bake at 350° for 20 minutes.

From: MS Dietary Home Page [www.2x2.co.nz/ms/](http://www.2x2.co.nz/ms/)

### "Irwin's Trout"

---

Whole rainbow trout, no head or tail and filleted, but one piece.

Place some extra virgin olive oil inside the fish.

Pepper

Lemon slices

Tomato slices

Rosemary

## Thyme

Close the trout, place in parchment paper tightly sealed and baked at 350F for about 15 minutes.

From: MS Dietary Home Page [www.2x2.co.nz/ms/](http://www.2x2.co.nz/ms/)

## Baked Fish with Stuffing

---

1 large whitefish (2-3 pounds) or other fish

lemon juice to taste

1/4 cup oil

1 tsp cayenne 1 tsp cumin (optional)

Heat oven to 350F. Wash fish, sprinkle with lemon. Let stand for 30 minutes, drain. Coat fish with oil and spices, and place in a baking pan.

### Stuffing:

1/3 cup pine nuts or shredded almonds

2 tbsp olive oil (recipe said butter, but oil will work)

1 cup parsley chopped

3 cloves garlic crushed

allspice to taste

Sauté nuts in oil until lightly brown. Add parsley and spices and sauté for 1 minute. Stuff raw fish with the mixture. To prevent fish from drying, wrap with lightly oiled foil. Bake for 30-40 minutes, or until fish is tender and easily flaked, makes 4-5 servings.

From: [\\_Eat Right for your Type\\_](#), by Peter D'Adamo

## Linda's Fast Lemon Fish

---

1 pound whitefish or sole fillets

1/4 cup lemon juice

1 teaspoon olive oil

1/2/ teaspoons white pepper

1 small onion, thinly sliced

1 teaspoon dried parsley flakes

Cut fish into serving-size pieces. Place in an ungreased 11"x7"x2" baking dish. Drizzle with lemon juice and oil; sprinkle with pepper.

Arrange onion slices over fish; sprinkle with parsley. Cover and let stand for 5 minutes. Bake at 350F for 20 minutes or until fish flakes easily with a fork.

From: [Quick Cooking](#), Sept/Oct 1998

Adapted by Patti Vincent

## PaleoFood Recipe Collection Contents

## **Fish Recipes - (Raw, Stove Top, Poached, Broiled, Grilled, and Stew)**

### **Raw**

Aku Poke, or Raw Fish with Seaweed

-----  
1 pound raw fish, tuna or salmon, cubed, skinless, boneless

1 cup seaweed (hijiki in Japanese markets) The seaweed will be dried, so soak it for 30 minutes in warm water. Then drain and rinse well.

1 small red chile pepper, seeded and chopped

Mix all of the ingredients, and allow the dish to chill a few hours before serving.

From: The Frugal Gourmet Jeff Smith

Lomi-Lomi Salmon (a raw food recipe)

-----  
1 pound fresh salmon fillet

juice of 1 lemon

2 green onions or 1 sweet yellow onion

lettuce leaves, for dipping

1 pound ripe tomatoes, peeled, seeded and chopped

Place salmon in a large glass or ceramic bowl. Sprinkle salmon with lemon juice. Cover and marinate in refrigerator overnight. Drain salmon. Cover with cold water, and soak 2 hours, changing water 2 or 3 times. Drain well. Pull salmon meat away from bones and skin by hand, discard skin and bones. Massage salmon with fingertips until thoroughly mashed. Add tomatoes and green onions and continue massaging until mixture is smooth. Chill 3 minutes before serving. Serve with lettuce leaves. Serves 6-8.

From: Regional American Classics, California Culinary Academy.

### **Stove Top**

Tunisian Spiced Fish

-----  
1/2 t cumin seeds

1/2 t coriander seeds

1/2 top dried hot pepper flakes

1/2 t caraway seeds

1 1/2 lbs. cod fillets (snapper or bluefish will do)

3 cloves garlic, thinly sliced

1 medium onion, thinly sliced

parsley for garnish

1 cup fish stock or bottled clam juice

Heat a skillet over medium heat. Add seeds and flakes. Roast for 2-3 minutes until fragrant. Grind spices in a spice grinder [I used a mortar and pestle and it worked ok). Spread spices on fish. Let stand 10 minutes. Spray a ovenproof dish large enough to fit all the fish in one layer. Add 1/2 garlic, onions and tomato. Add fish. Add remaining garlic, and onions. Pour over fish stock/clam juice over fish. Bake in a preheated 400 degree for 20-30 minutes, depending on the thickness of the fillets.

From: <http://lark.cc.ukans.edu/~lash/recipes/>

### Basque Codfish Pil Pil

---

1 pound salt cod, skinless and boneless

3 Tbsp olive oil

4 cloves garlic, peeled and crushed

pinch of red pepper flakes

1 cup chicken stock, simmered with a 1 inch piece of lemon peel

1 egg, beaten

Cut the salt cod into 1 inch wide serving pieces and rinse well. Soak for 24 hours or more, rinsing with fresh water several times. Cook the salt cod in fresh water for about 15 minutes, or until it can be easily flaked, but leave the pieces whole. Drain and let cool, discarding the liquid.

Heat a large frying pan and add the oil and crushed garlic. Sauté over medium heat until the garlic barely begins to brown. Add the red pepper flakes, the drained cod, and the chicken stock. Bring to a simmer while shaking the pan gently. With a pancake turner, remove cod to a platter. Turn off the heat, add the beaten egg, and return to low heat. Stir the liquid constantly until the sauce begins to thicken. Remove from heat, and immediately pour over fish and serve.

From: The Frugal Gourmet Jeff Smith

### Italian-Style Baccala

---

1 pound baccala (dried salted codfish)

1 Tbsp extra virgin olive oil

3 or 4 cloves garlic, finely minced

1 red onion, cut lengthwise into thin slices

1 red bell pepper, roasted over a flame, peeled, seeded and cut into thin strips

2-3 tsp. capers, drained and lightly rinsed

10-12 oil-cured ripe olives, pitted and coarsely minced

parsley sprigs and lemon wedges for garnish

Soak the baccala for 48 hours, changing the water every 8 hours to remove

the excess salt from the curing process. Heat oil in a deep skillet over medium heat. Add garlic and onion and sauté for 2-3 minutes. Add bell pepper, capers and olives and cook for 2-3 minutes. Spread vegetables evenly over bottom of the skillet. Cut baccala into 4 equal portions. Place on top of the vegetables and add about 1/8 inch of water. Cover and steam over medium heat about 10 minutes, until baccala is tender and flakes easily. and liquid has evaporated. Gently transfer fish to a serving platter and top with cooked vegetables. Serve immediately, garnished with parsley and lemon wedges. Makes 4 servings.

From: Cooking the Whole Foods Way by Christina Pirello.

#### Salmon Cakes

-----  
1 drained can of salmon  
1/2 cup onion  
2 eggs  
1/3 cup crushed pork skins  
dill and salt and pepper to taste

Mix together and fry in olive oil.

From: Mary Nyberg on the PaleoFood list.

#### Zesty Salmon Patties

-----  
1 (14 3/4-oz.) can salmon, drained  
1/2 cup almond flour  
1/4 cup finely chopped onion  
1/4 cup homemade mayonnaise  
1 tablespoon prepared horseradish  
2 eggs, slightly beaten  
2 tablespoons olive oil

In large bowl, combine all ingredients except oil; mix well. Form salmon mixture into four 4-inch patties. Add oil to large skillet over medium heat. Fry patties 6-8 minutes or until golden brown, turning once during cooking.

From: <http://www.inform.dk/djembe/scd/scdrcp01.html>

#### Thai Salmon Steaks in Panang Curry Sauce

-----  
2 8 Ounce Salmon Steaks  
2 ts Thai Panang Curry Base (don't know if this is paleo?)  
1/2 c Chicken Broth  
4 ts White Wine  
1/2 c Coconut Milk

In a saucepan dissolve the curry base in the chicken stock. Bring to a boil. Add the white wine and simmer for several minutes. Stir in coconut milk; return to a boil. Simmer for several minutes. Sauce will thicken slightly. Serve sauce over broiled salmon steaks.

MMMMM----

Title: Ceviche

Categories: Seafood

Yield: 6 Servings

1 lb Red snapper fillets  
7 Limes, juiced  
2 md Tomatoes  
4 Serrano chiles  
1/4 c Olive oil  
1/2 ts Salt, or to taste  
1/2 ts Oregano  
Pepper, to taste

MMMMM-----GARNISH-----

1 sm Avocado, sliced  
1 sm Onion, sliced into rings  
Cilantro, minced

Cut the fish into small cubes, about 1/2 inch, and cover them with the lime juice. Set the fish aside in the bottom of refrigerator for at least five hours or until the fish loses its transparent look and becomes opaque. Stir the pieces from time to time so they get evenly cooked in the juice.

Skin, seed and chop the tomatoes; chop the chiles with their seeds, and add them with the rest of the ingredients to the fish.

Set the ceviche aside in the bottom of the refrigerator for at least 1 hour to season. Serve it chilled, but not so cold that the oil congeals. Before serving, garnish each portion with slices of avocado and onion rings and sprinkle with a little cilantro.

From: Mr. Bill in rec.food.cooking

MMMMM

Sole

----

Sole is a very delicate fish and I have found that it can become gross and sort of mucous-y when cooked, which is why the best way to cook it is to

dredge in something and pan fry.

From: Richard Geller

I used dried dill "powder" for dredging for my "stromming" (baltic herring) today, it worked fine. Fried in olive oil. The pan not too hot.

From: Hans Kylberg

I coat the sole in mayonnaise and dip in ground almonds or filberts, then fry in your preferred fat. Lightly sprinkle on some dillweed.

From: Snowlight

Try using chestnut flour, if you can find it. Here, I've located it in Italian and Middle Eastern stores.

From: JoAnn Betten

#### Steamed Chinese Style Fish

---

1. Use fish chunks or whole fish.
2. Cut shallow slices into fish and insert garlic slices.
3. Place in top of steamer or on lettuce leaves in top of steamer. [I've also used a wok: place wooden chopsticks across bottom of wok and a heat-proof dish on chopsticks. Water in wok underneath chopsticks] Fish on plate and cover.]
4. Place sliced green onions over fish and any other seasoning wanted. Cover.
5. When fish is tender/soft/flaking remove and quickly pour sauce over.
6. Sauce: While fish is steaming warm 1/2 c. oil and 1/2 c. soy sauce together, add chopped/sliced/mashed garlic..however you like it.
7. Add fresh sliced green onions to serve.

From: yoyo

#### Trout Vernacchio

---

In a skillet over medium heat sauté  
olive oil  
garlic  
celery  
carrots  
onion  
dried oregano  
salt  
pepper

until the vegetables are soft.

Add chopped flat leaf parsley, tomato, and lemon slices.  
Simmer until the flavors are thoroughly blended.

Add the trout to the mixture and braise until the fish flakes.

Remove the fish to a serving platter.

Strain the juices and serve over the fish garnished with lemon slices.

From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>

Adapted by Patti Vincent

#### Walnut Stuffed Trout

---

6 very fresh trouts, boned, heads on (OK, heads can be removed if you want)

2 Tbsp olive oil (substitute for 1/4 c. butter in original recipe)

1 cup walnuts

2 shallots

1/2 bunch parsley

1/2 tsp. pepper

1/4 cup olive oil (substitute for 1/2 c. butter in original recipe)

lemon, parsley, and seedless grapes for garnish

Rinse and dry the trout. Make stuffing: chop walnuts in a food processor until they are fine (save 6 walnuts for garnish). Remove. Chop shallots with metal blade. Add parsley and chop. Add 2 Tbsp oil, seasonings and nuts and mix. Spread this mixture inside of trout. Reserve 1 Tbsp of stuffing for each trout for garnish. Put the 1/4 cup oil in a skillet and sauté each trout for about 8-10 minutes on each side or until nicely browned. Serve on a platter with reserved stuffing and a walnut on each trout, garnish with lemon, parsley and grapes. Can do ahead.

From: Mary Lee Parrington, in 3 Rivers Cookbook III

#### Ashbell's Tuna

---

Marinate tuna steaks in

garlic

olive oil

parsley

for five minutes.

Remove tuna and sear in a hot pan.

Remove to a warm platter.

Add marinade to pan with sliced portabella mushrooms.

Sweat mushrooms.

Spoon the marinade and vegetables on top of the tuna. Garnish with fresh lemon juice.

From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>

Adapted by Patti Vincent

## Poached

### Poached Cod with Lemon and Capers

-----  
2 or 3 green onions, cut into 2 inch long pieces  
1 Tbsp extra virgin olive oil  
1 red onion, cut lengthwise into thin slices  
2 Tbsp capers, drained well  
1 carrot, cut into thin matchstick pieces  
4 (4 oz.) cod fillets  
2 lemons

Heat oil in a deep skillet over medium heat. Add onion and sauté 3 minutes. Add capers and sauté 1 minute. Add carrot and cook 2 minutes. Stir in green onions. Spread vegetables evenly over bottom of skillet. Lay cod on the vegetables in skillet. Add a small amount of water just to cover the bottom of the skillet. Cover and cook until fish is just opaque in the center, about 10 minutes. Gently transfer fish to a serving platter. Top with vegetables and capers. Just before serving, squeeze the lemons over the entire dish.

From Cooking the Whole Foods Way by Christina Pirello.

### Dishwasher Poached Fish

-----  
Trout or other fish  
olive oil (substituted for butter in original recipe)  
lemon juice

Put each fish on a sheet of foil, add oil and lemon juice. Seal tightly. Place sealed packages in dishwasher, skip the detergent, and run through the entire cycle. Open foil and serve.

From Thomas Lawton in "Three Rivers Cookbook II"

### Poached Salmon Fillets

-----  
Add to water, the following:

lemon slices  
sliced onion  
carrots cut in 2 inch pieces  
celery  
pepper

Cook for about 15-20 minutes. Reduce heat to simmer, add salmon fillet for about 6 minutes or maybe longer if a big piece. Serve vegetables with salmon, they are yummy.

Poached Salmon with Tomato, Caper and Scallion Sauce

---

skinless salmon steaks

chopped plum tomatoes (canned are fine)

capers

chopped scallions

white onion

garlic

flat leaf parsley

salt

freshly ground pepper

extra virgin olive oil

lemon juice

water

Combine the ingredients in a bowl.

Set aside at room temperature to allow the flavors to blend.

Bring 3 cups of water to boil.

Place skinless salmon steaks in briskly boiling water.

Bring water back to a boil (this will take about 2 minutes).

Turn off the heat (or slide the pan off the heat if you have an electric range) and let the salmon steep in the hot liquid for 5 minutes.

Note: The steaks will be slightly underdone at this point.

Adjust cooking time to accomodate the thickness of the steaks and personal taste preferences.

Remove the steaks from the poaching liquid with a large spatula or skimmer, drain well and place each steak on a warm plate.

Sponge up any liquid that collects around the steak with a paper towel and spoon the sauce over and around the steak. Serve immediately.

From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>

Poached Swordfish with Lemon Parsley Sauce

---

In a small bowl, combine

extra virgin olive oil

lemon juice

minced flat leaf parsley

salt and freshly ground black pepper.

Set aside for no more than 30 minutes or the lemon juice will yellow the parsley. Bring 3-4 cups of water to a boil in a saucepan large enough to fit the fish pieces comfortably. Holding the fish with a slotted spoon or skimmer, lower gently into the pan and bring the water back to a boil.

Reduce the heat to very low and poach the fish for 3-4 minutes until barely

cooked through. Lift the fish from the water, drain thoroughly and arrange each fillet on a warm plate. Spoon the sauce over the fish and serve immediately.

From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>

#### Trout Poached in Broth

---

Sauté :

chopped onion

carrots

sliced zucchini

salt

pepper

in olive oil until softened.

Sprinkle with minced fresh parsley.

Cover vegetables with defatted chicken broth.

Place trout fillets on top of the vegetables.

Sprinkle scallion pieces on the top, cover and simmer until the fish is cooked.

To serve, place the trout on the bottom of a bowl.

Pile the vegetables on top of the fish, cover with the broth, sprinkle with chopped chives or fresh parsley and serve.

Substitutions:

Other vegetables to be substituted for or added to the those in the recipe could include leeks, shallots, red or green pepper slices, broccoli or anything else that's fresh the day you buy the fish.

From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>

Adapted by Patti Vincent

## **Broiled**

#### Cajun-Style Broiled Swordfish

---

1 t paprika

4 swordfish steaks, 3/4" to 1" thick

1/2 t dried thyme

1/4 t garlic powder

1/4 t black pepper

1/4 t oregano

1/8 t ground red pepper

1/4 c lemon juice

Thaw fish, if frozen. Rinse and pat dry with paper towels. For seasoning

mixture, in shallow dish, stir together spices. Place lemon juice in bowl. Dip steaks in juice, then coat lightly with seasoning mixture. Preheat broiler. Spray unheated rack of pan with nonstick spray. Arrange seasoned fish on rack. Broil 4 inches from heat until fish flakes easily with fork (4 to 6 minutes per 1/2" thickness). Turn once during broiling time.  
From: <http://lark.cc.ukans.edu/~lash/recipes/>

### Broiled Lemon Swordfish

---

Select pieces of fish about  $\frac{1}{2}$  pound each, no more than 1 inch thick. Preheat broiler.

Brush fish with olive oil and sprinkle with salt and pepper.

Place fish on a wire rack in an oven-safe dish.

Broil four inches from heat source for 4 minutes.

Turn over carefully and broil another 4 minutes.

Meanwhile, combine

olive oil

lemon juice

minced garlic

capers

lemon zest in a small pan.

Place over low heat and cook until heated through.

Place the fish on serving plates and spoon sauce on top.

From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>

## Grilled

### Grilled Fish with Orange Salad

---

2 Tbsp finely chopped red onion pinch of crushed red pepper

2 Tbsp extra-virgin olive oil

2 tsp fresh lemon juice

1/2 tsp pepper

3 large navel oranges

8 oil-cured black olives, pitted and coarsely chopped

1/2 cup fresh mint leaves, chopped (2 Tbsp)

4 (1/2 inch thick) swordfish steaks, about 6 oz each

With a sharp knife, peel oranges, making sure to remove the white pith. Holding oranges over a medium bowl, remove sections by cutting along membranes with a small knife, letting sections fall into bowl. Stir in the olives, mint, onion, crushed pepper, 1 Tbsp of the oil and the lemon juice. Refrigerate. Heat grill to HIGH and brush with about 1/2 of the oil. Brush swordfish with the other half, and sprinkle with pepper. Grill fish 2-3

minutes on each side, or just until cooked thru. Transfer fish to serving plates, top with the orange/olive/mint salad, and serve.

From Woman's Day magazine 6/2/98

#### Salmon with Spinach Green Sauce

-----  
Brush salmon fillet with olive oil and grill.

Garnish with fresh dill and lemon juice.

Sauce: In food processor mix

spinach or watercress

fresh parsley

shallots

lemon juice

salt and pepper.

Chill and serve as dip to accompany fish.

From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>

#### Fish Burgers

-----  
These a really good cooked on the BBQ. I put them in the fridge for awhile before I cooked them, makes a nice change from beef burgers.

240g drained canned tuna

1/2 cup finely chopped onion

1/4 cup finely chopped red capsicum

1 egg, lightly beaten

1/4 cup finely chopped celery

1 tsp finely chopped fresh dill

3 tsp lemon juice

1 Tbs olive oil

Combine all ingredients in a bowl. Form mixture into four equal patties.

Heat oil on barbecue hot plate until hot. Barbecue tuna patties 8-10 minutes, turning once.

From: [ynnuf@clear.net.nz](mailto:ynnuf@clear.net.nz) (Doreen Randal) in <rec.food.recipes>

## Stew

#### Easy Fish and Tomato Stew

-----  
1 pound frozen fish, either cod, sole, halibut, or boston bluefish, thawed (chopped in 1 inch cubes)

1 tablespoons extra virgin olive oil  
2 -3 garlic crushed gloves  
1 large onion-sliced in 8'ths  
2-3 tomatoes(sliced)  
2-3 carrots diced  
2-3 celery stalks diced  
2-3 cups of tomatoe juice (add as much to make consistancy that you prefer)  
  
1/4 cup chopped parsley (optional)  
Salt and pepper to taste

In a non stick pain heat oil over medium heat, cook onion and garlic until softened about 5 minutes. Add celery, carrots, tomatoes, and tomato juice. Bring to a boil. Reduce heat and simmer for five minutes. Add fish and cook until fish is opaque 20-30 minutes. Add parsley and season to taste with salt and pepper. Can be served with a salad or other vegetable.  
From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>  
Adapted by Patti Vincent

#### Burrida- A Fish Stew

---

4 to 5 pounds firm-fleshed assorted thick fish fillets, such as snapper, halibut cod and bluefish  
3 Tbsp olive oil  
1 medium onion, chopped  
2 medium carrots, peeled and chopped  
2 celery ribs, chopped  
2 garlic cloves, chopped  
2 flat anchovy fillets, finely chopped  
1 8oz bottle clam juice  
1 cup water  
1/2 tsp pepper  
2 Tbsp fresh chopped parsley  
1 14 oz can Italian peeled tomatoes, drained and chopped

Cut fish into 2" by 3" pieces and pat dry. In a nonreactive flameproof casserole large enough to hold all ingredients, heat oil over medium heat. Add onion and cook 2-3 minutes, Add carrots, celery and garlic, and cook until onions are just beginning to turn golden brown, 3-4 minutes. Stir in anchovies, clam juice, water and tomatoes. Bring to a boil over high heat, then reduce heat to medium and cook uncovered 10 minutes to combine flavors. Add fish to pan, and cover. Reduce heat to medium-low and simmer 15 minutes, or until fish is just opaque throughout. Season with pepper, remembering anchovies are salty. Sprinkle parsley over top and serve in warmed shallow soup bowls.

From 365 Easy Italian Recipes by Rick Marzullo O'Connell

## Fish Stew with Tahini, Coconut Milk, etc.

---

(for one -- multiply freely for however many)

1 lb Halibut  
2 cups water (or so?)  
1/4 tsp salt (or to taste)  
2 green onions  
1 big tblsp sesame tahini  
1/4 tsp shallot powder  
dash of white pepper  
1/2 cup coconut milk (or more to taste)  
juice of 1 very small lemon  
6 dashes grated allspice  
4 dashes grated cardamom  
6 dashes grated mustard seed  
three drops of hot pepper flavored sesame oil

In a soup pot, bring fish, salt and water to a gentle boil. Reduce heat to a simmer. Add green onions. Add tahini, white pepper and shallot powder. Stir gently to mix well. You may need to pay special attention to getting the tahini stirred in as it can be pasty in texture. Simmer until fish is cooked through. In the last few minutes of simmering, add coconut milk and lemon juice; and, if desired, add water to get liquid to preferred consistency. Add grated spices and hot pepper oil. Adjust spices to taste. Serve immediately.

Notes on ingredients:

Spices -- Most spices are grated because I avoid any that I think could potentially have some kind of flour in them. However, even if you aren't as strict about avoiding grains as I am, try them that way if you haven't yet. They taste so much better than the packaged kind, you won't believe it. Shallot powder is made from dried ground shallots (onion family) and can be found at Middle Eastern markets. Hot pepper flavored sesame oil can be found at Asian markets.

Fish -- This calls for Halibut; but Cod or any white fish would do. I just throw it in the pot frozen. Take care not to overcook the fish. It is cooked through when it has gone completely opaque white and breaks up with a fork (no transparent spots). It gets tough if over-cooked.

From: Katie Bretsch on the PaleoFood list

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## **PaleoFood Recipe Collection Contents**

## Chicken: Baked (Without and With Tomatoes), Crock Pot (Without and With Tomatoes)

### Baked (Without Tomatoes)

Fruited Chicken Thighs

-----  
6 Tbsp olive oil  
1 medium onion, chopped  
1/4 cup finely chopped celery  
1 garlic clove, minced  
2 medium apples, cored and chopped  
1/4 cup raisins  
1/4 cup chopped walnuts  
1 egg, beaten  
8 large chicken thighs  
1 tsp dried tarragon

In a medium size frying pan, heat 2 Tbsp oil. Add onion, celery and garlic. Sauté about 3 minutes, until onion and celery are tender. Remove from heat and add apple, raisins, walnuts and eggs; mix well. Preheat oven to 350F. Prepare chicken thighs by pulling the skin away from the meat without removing it. Stuff apple mixture between the skin and meat. Arrange chicken pieces in a foil-lined 13" x 9" x 2" baking dish. In a small bowl, combine the remaining 4 tbsp olive oil with tarragon. Brush over chicken thighs. Bake, uncovered, basting every 15 minutes, for 1 hour, until chicken is tender.

From \_365 Ways to Cook Chicken\_ by Cheryl Sedaker

Chicken A La Greque

-----  
1 Tbsp dried oregano  
1/4 tsp. pepper  
1 chicken (3 pounds), cut up  
1/4 cup olive oil  
2 Tbsp lemon juice

Preheat oven to 400F. Combine oregano and pepper in a small dish. Rub seasonings into chicken. Arrange in a 13 x 9 x 2 inch baking dish. Blend together olive oil and lemon juice. Pour over chicken pieces. Bake 40 minutes, until tender.

Adapted from \_365 Ways to Cook Chicken\_ by Cheryl Sedaker.

Italian Chicken

2 tbsp olive oil  
2 tbsp lemon juice  
1 clove garlic, crushed  
1/4 tsp dried oregano  
1/8 tsp pepper

Mix all in a shallow dish. Add 4 pieces of chicken, turning to coat well. Cover and refrigerate for 8-12 hours, remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.

From JoAnn

#### Italian Chicken

-----  
6 boneless, skinless chicken breast halves  
1/2 cup Italian salad dressing

In a shallow dish, pour dressing over chicken. Cover and marinate in the refrigerator up to 3 hours. Remove from refrigerator, bake chicken in the marinade at 425 degrees for 20 minutes or until chicken is no longer pink. You can also grill this recipe, after marinating, discard marinade, and use another 1/4 cup of dressing to brush on chicken while cooking. Cook until chicken is no longer pink inside.

From Pam at <http://www.ilovejesus.com/lot/locarb/>

#### Rosemary Chicken

-----  
1 fresh chicken  
1 bunch of fresh rosemary  
1 clove of garlic  
1 whole onion  
1 teaspoon kosher salt  
olive oil

After proper cleansing, rub chicken with olive oil inside and out. Place rosemary inside chicken cavity with a whole peeled onion. Crush or squeeze garlic and rub over chicken or place slices under skin of breast. Sprinkle with salt and place in roasting pan. Cook at 300\* for 3 hours.

From: Trish Tipton on the PaleoFood list

#### Mandarin Chicken Salad

-----  
2 scallions, sliced  
6 tbsp olive oil  
1/4 tsp. pepper

1/2 cup coarsely chopped pecans  
2 cups diced (1/2 inch) cooked chicken  
1 bunch watercress, tough stems removed  
1-11 oz. can mandarin oranges, rinsed well, drained and chilled  
2 tbsp lemon or lime juice (substitute for red wine vinegar)

Preheat oven to 325F. Spread out pecans on a small baking sheet. Bake for 10-15 minutes, until lightly toasted. In a salad bowl, combine chicken, watercress, oranges, scallions and toasted pecans. Drizzle on oil, juice, and pepper. Toss to coat.

Adapted from 365 Ways to Cook Chicken by Cheryl Sedaker.

#### Garlic Chicken

---

1/4 cup olive oil  
1 large onion, diced  
pepper to taste  
juice of 2 lemons  
2 large carrots, sliced  
4 celery stalks, sliced  
2 3-pound chickens, cut into pieces, no backs or wings  
20-30 garlic cloves, unpeeled and left whole (yes, it said "twenty to thirty"!)

Heat the oil in a frying pan. Add the onion, carrots and celery, stirring constantly, until they are soft. With a slotted spoon, transfer the vegetables to a casserole dish with a tight-fitting lid, or to a clay pot. Lay the chicken pieces on top of the vegetables. Sprinkle with pepper and lemon juice. Put the garlic around and on the chicken pieces. Cover tightly, this is essential, because the chicken must cook in its own juices. Cook in a preheated 350F oven for 1 hour. Do not uncover until ready to serve.

From Nika Hazelton's Way with Vegetables

#### Easy Baked Chicken

---

Take some chicken breasts, pound thin. Coat with pesto (sans parmesan), then coat with crushed macadamias. Bake about 1/2 hour at around 350 or so.  
From JoAnn

#### Chicken Veggie Packets

---

4 boneless skinless chicken breast halves, about 1 pound  
1/2 pound fresh mushrooms, sliced  
1-1/2 cups baby carrots, halved lengthwise

1 cup frozen pearl onions, thawed  
1/2 cup julienned sweet red pepper  
1/4 teaspoon pepper  
1 teaspoon dried thyme

Flatten chicken breasts to 1/2 inch thickness; place each on a piece of heavy-duty foil, about 12"x12". Layer mushrooms, carrots, onions and red pepper over chicken, sprinkle with thyme and pepper. Fold foil around chicken and vegetables and seal tightly. Place on a baking sheet. Bake at 375F for 20 minutes, or until chicken juices run clear. Makes 4 servings.  
From: Edna Shaffer in Quick Cooking, J/F '99

#### Thai Curry-Braised Chicken

---

The heat of this dish is controlled by the amount of curry paste used and is also flavored with coconut juice and ginger, giving it sweet and spicy tastes and lots of body.

4 ea. chicken leg  
1 tbsp. olive oil  
1 tsp. sea salt  
1/2 tsp. freshly cracked black pepper  
1/2 ea. onion, diced  
1 tbsp. ginger, minced  
1 ea. garlic clove, minced  
1 tbsp. Thai Red Curry Paste, to taste (recipe)  
1 1/2 cup homemade chicken broth  
4 ea. baby bok choy  
3/4 cup coconut milk  
1 tbsp. fresh lime juice  
1 tbsp. cilantro leaves, chopped

1 Preheat oven to 325 degrees F(165 C). Cut through the tip of the chicken leg knuckle; pull the skin up and gather it around the cut knuckle. Cut around the leg bone just below the gathered skin. Remove skin. Cut through the joint to separate the thigh and drumstick.

2 Heat the oil in a skillet with a tight-fitting lid over medium-low heat. Season the chicken with salt and pepper. Add chicken to the pan and sear on all sides. Remove chicken and keep warm.

3 Stir in onions, ginger, and garlic and saute until onions are translucent, about 4 minutes. Stir in curry paste and broth. Add the chicken back to the pan. Bring the broth to a simmer; cover and transfer to the oven. Cook the chicken, turning once, for 30 minutes.

4 Cut the bok choy stalks in half and place on a plate with a small amount of water and cover with plastic wrap. Microwave on high for 2 minutes.

5 Remove pan from the oven, remove chicken, and reserve. Bring cooking liquid to a simmer and stir in the coconut milk. Stir in lime juice and simmer for 2 minutes. Add the cilantro and return the chicken to the pan.

6 Place 2 bok choy halves, onto each plate. Portion 1 drumstick and 1 thigh on each plate. Spoon sauce over chicken and garnish with cilantro sprigs. Estimated Time: 45min. Number of Servings 4  
Original recipe by: Digital Chef

## Baked (With Tomatoes)

### Prunes and Pepper Creole

-----  
1 cup chopped pitted prunes  
1 cup hot chicken broth  
2 Tbsp olive oil  
1 chicken, 3 pounds, cut up  
2 medium onions, chopped  
1 medium green bell pepper, cut into 1" squares  
1 garlic clove, chopped  
1 can (16 oz) whole tomatoes, broken up  
1/2 tsp dried basil  
1/4 tsp pepper  
1/4 dried thyme

In a small bowl, combine prunes and chicken broth and set aside. Heat oil in a large frying pan over medium heat. Add chicken and cook, turning, until brown, about 10 minutes. Transfer chicken to a 13" x 9" x 2" baking dish. Preheat oven to 375F. Drain all but 2 Tbsp fat from pan. Add onions, green pepper and garlic. Cook, stirring, 5 minutes, until vegetables soften. Stir in tomatoes, basil, pepper and thyme. Bring to a boil and pour over chicken. Bake for 30 minutes. Pour prunes and broth over chicken, stirring to combine. Bake 15 minutes more, until chicken is tender.

From 365 Ways to Cook Chicken by Cheryl Sedaker

### Country Captain Chicken

-----  
1 chicken (3 pounds) cut up  
3 Tbsp olive oil  
1 cup chopped onion  
1/2 cup chopped green bell pepper  
1/2 cup chopped red bell pepper  
1 garlic clove, finely chopped  
2 tsp. curry powder  
1/4 tsp. pepper  
1/4 tsp. mace  
1 Tbsp chopped parsley  
1/2 cup raisins

1 can (16 oz) whole tomatoes, cut up, with juices  
1/4 cup slivered almonds, toasted, for garnish.

Preheat oven to 350F. In a large Dutch oven, heat oil over med. heat. Add chicken and cook, turning, until brown, about 10 minutes. Remove chicken and set aside. To the same pan, add onion, bell peppers, and garlic. Cook until onion and peppers are tender, about 5 minutes. Add curry powder, pepper, and mace. Stir until well blended. Add tomatoes, parsley and raisins. Bring to a boil and return chicken to the pot. Reduce heat and simmer, partly covered, 30-40 minutes, until chicken is tender. Serve garnished with almonds.

From 365 Ways to Cook Chicken by Cheryl Sedaker.

#### Chicken Cutlets with Olives and Tomatoes

---

Large Foil Pan Or Two 9 X 13 Pans, greased or lightly sprayed  
6 skinless chicken breasts  
6 cloves garlic, chopped  
1 large onion, chopped  
3 tablespoons extra virgin olive oil  
juice of 1 lemon  
16 ounce can plum tomatoes, drained and chopped or equivalent amount of fresh plum tomatoes, blanched to remove skin and chopped  
18 black olives, drained, pitted and chopped (about 1/2 can)  
3 tablespoons fresh parsley, chopped fine (divided)  
2 teaspoons fresh thyme (chopped)  
salt and freshly ground pepper to taste

375 F oven

Marinate chicken in 2 tablespoons oil, lemon juice and salt and pepper for one hour, turning often. In a large skillet sauté garlic and onions in remaining 1 tablespoon olive oil. Add tomatoes and olives and sauté for 15 minutes, uncovered, stirring often. Add 1 tablespoon of the parsley and all of the thyme, stirring to combine. Place the chicken breasts in the prepared pans and cover with sautéed mixture. Sprinkle with remaining parsley. Bake for 35 - 40 minutes in a 375F. oven or until brown.

Yield: 8 - 10 main course portions

From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>

## Crock Pot (Without Tomatoes)

#### Chicken In A Pot

---

3 lb whole chicken  
2 carrots, sliced

2 onions, sliced  
2 celery stalks with leaves, cut in 1 inch pieces  
1 ts basil  
1/2 ts salt  
1/2 ts black pepper  
1/2 c chlcken broth

Put carrots, onions, and celery in bottom of crock-pot. Add whole chicken. Top with salt, pepper, liquid. Sprinkle basil over top. Cover and cook until done-low 8 to 10 hours. (High 3 to 4 hours, using 1 cup water). Remove chicken and vegetables with spatula.

Yield: 6 servings

From: rec.food recipes archives

#### Crock Pot Chicken

---

1 chicken  
2 carrots, sliced thinly  
2 md onions, sliced thinly  
2 celery stalks with leaves, chopped  
1/2 t salt  
1/2 t black pepper  
16 oz chicken broth  
2 c water  
1 t basil, crushed  
1 t oraneno  
1 t garlic powder

In a slow cooker, put in half of the chicken broth. Place half of the carrots, celery and onions in the bottom. Place the chicken (back side down) in the slow cooker. Add remaining broth, vegetables, salt and pepper, basil, orageno and garlic. Place lid on cooker and cook on LOW heat for 7-10 hours or HIGH heat for 2 1/2 to 3 1/2 hours. Serves four.

From: rec.food recipes archives

Adapted by Patti Vincent

#### Sicilian Hens

---

2 Cornish hens, thawed, halved  
1/4 cup toasted sliced almonds  
3 tbsp drained capers  
3 tbsp chopped fresh parsley  
1 garlic clove, chopped  
1/2 tsp paprika  
2 tsp olive oil  
1/4 tsp salt

1/8 tsp pepper

Chopped ripe olives

In food processor fitted with metal blade, combine almonds, capers, parsley, garlic, paprika, oil, salt & pepper. Process until finely chopped but not pureed. Pat mixture on all sides of Cornish hens. Place on rack in slow cooker (crock pot). If all hens do not fit on rack, place 2 halves on rack; lightly cover with heavy-duty foil. Arrange remaining halves on top of foil. Cover and cook on LOW 7-8 hours. Sprinkle with chopped olives. Makes 4 servings...

From: Jody on the celiac list

## Crock Pot (With Tomatoes)

Crockpot Chicken Cacciatore

-----

1 lg. onion, thinly sliced

3 lbs. cut up chicken

2 (6 oz.) cans tomato paste (I prefer it with the same amount of tomato sauce instead)

4 oz. sliced mushrooms

1 tsp. salt

1 to 2 cloves garlic, minced

1 to 2 tsp. oregano

1/2 tsp. celery seed (I omit this)

1 bay leaf

1/2 cup water

Place onions in bottom of crock pot. Add chicken pieces. Stir together remaining ingredients. Pour over chicken. Cook on low 7 to 9 hours; high 3 to 4 hours.

From: matthewsma@aol.com (MatthewsMa)

Crockpot Italian Chicken

-----

12 boneless, skinless chicken thighs, cut into 1-inch pieces

2 14.5 oz cans tomatoes with Italian herbs

2 cups cubed zucchini

1 cup pearl onions, peeled

1 cup baby carrots

2 tablespoons tomato paste

4 cloves garlic, chopped

1 teaspoon raw honey

1 teaspoon red pepper flakes

Combine all ingredients in crockpot. Stir to mix.

Cook on low setting 6 to 10 hours or until done.

Adapted from arielle@taronga.com (Stephanie da Silva) in rec.food.recipes

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## **PaleoFood Recipe Collection Contents**

## Chicken, Grilled or Broiled

See [Marinade section](#) for many usable ones.

### Grilled Picante Chicken

-----  
4 boneless, skinless chicken breasts  
1 cup picante sauce

Marinate chicken in picante sauce for about 5 hours in the refrigerator (or longer if desired). Place on grill when hot enough. Brush marinade on chicken, turn after five minutes and brush marinade on other side. Do not use the marinade after the first few minutes, because the marinade could contain raw chicken juices. Chicken takes about 15 minutes to cook, until no longer pink inside.

From Pam at <http://www.ilovejesus.com/lot/locarb/>

### Lemon Chicken Kebabs

-----  
1/4 cup olive oil  
2 Tbsp fresh lemon juice  
3 garlic cloves, crushed  
1/2 tsp. coarsely cracked pepper  
1 1/4 pounds skinless, boneless chicken breasts, cut into bite sized pieces

Preheat broiler, or light your grill. Soak wooden skewers in water for 20 minutes to prevent them burning. Meanwhile, in a small bowl, combine oil, lemon juice, garlic and pepper. Add chicken pieces, and toss to coat. Marinate 15 minutes. Thread 3 or 4 chicken pieces onto each wooden skewer, reserve marinade. Grill chicken over hot coals, baste frequently with marinade and turning, for 12-15 minutes. Or broil, turn frequently, for about 5 minutes.

From 365 Ways to Cook Chicken by Cheryl Sedaker.

### Grilled Jamaican Jerk Chicken

-----  
15 of your favorite fresh chile peppers (or equivalent)  
2 tbsp dried rosemary  
2 tbsp parsley, chopped  
2 tbsp dried basil  
2 tbsp dried thyme  
2 tbsp mustard seeds  
3 scallions, finely chopped  
1 tsp salt  
1 tsp black pepper

juice of 2 limes  
1/4 cup cheap yellow mustard  
2 tbsp orange juice  
6 chicken thighs, with legs attached

Combine all the rub ingredients in a food processor, or blender, and blend them into a paste, making sure that all the ingredients are fully integrated. The paste should be approximately the consistency of a thick tomato sauce. If it is too thick, thin it out with a little more white vinegar. Cover the paste and let it sit in the refrigerator for at least 2 hours for the flavors to blend together. Overnight is the ideal amount of time to give them to get acquainted. (\*\*NOTE\*\* If you want to avoid making a fresh batch every time you make this dish, you can multiply the amount of paste easily. Don't worry about it going bad, since it keeps almost infinitely.)

Rub the chicken thighs with paste and place them on the grill over very low heat. If you have a covered cooker, put the coals to one side and the chicken on the other, and cover.

Cook about 1 hour without a cover or 1/2 hour if covered. The key here is to use a very low heat. You need to be patient and give yourself plenty of time. The chicken is technically done when the meat is opaque and the juices run clear. However, the ideal is about 10-15 minutes past that point, when the meat pulls away from the bone easily. It is very hard to overcook this. In fact you can only screw it up if you burn the paste by having the heat too high. The longer the chicken stays on the grill, the more superior the smoky flavor. After cooking, separate the leg from the thigh by cutting at the natural joint between them. Serve one leg or thigh per person accompanied by a few spoonfuls of Banana-guava ketchup.

Serves 4 and as entree or 6 as a light meal.

Origin: Cookbook Digest magazine, July/Aug 1991

#### Spice-Crusted Chicken Breast

---

1 tbsp ground coriander  
1 tbsp ground cumin  
1 tsp freshly ground black pepper  
4 boned and skinned chicken breast halves  
2 tsp olive oil

In a small dry skillet, over medium heat, toast coriander, cumin and pepper, stirring, for 45 seconds or until aromatic. Transfer to a small bowl and set aside. Preheat broiler. Lightly oil a broiler rack or coat it with cooking spray. Place chicken breasts between two pieces of plastic wrap; flatten the meat slightly with a rolling pin. Brush both sides of the chicken with oil, then coat with spice mixture and place on broiler rack. Broil until the chicken is no longer pink in the center, four to five minutes per side.

## Chicken Satay

---

1/2 tsp ground cumin  
1/4 tsp salt  
3 tbs olive oil, divided  
3 tbs lemon juice, divided  
4 large boneless, skinless chicken-breasts (about 1 1/2 lbs) (or beef)  
1 medium-size onion  
1/2 cup water  
1/4 tsp garlic powder  
1/3 cup almond butter

Combine cumin, salt, 2 tbs oil, 2 tbs lemon juice, add chicken and marinate 10 minutes. Broil chicken until tender, flipping when halfway done.

For the sauce: Heat 1 tbs oil over medium heat and saute the onion until golden, stir in water, garlic powder, and 1 tbs lemon juice. Bring to a boil. Remove pan from heat and beat in almond butter until melted. Serve warm. 4 servings.

From: Rebecca494 in alt-support.diet.low-carb

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## PaleoFood Recipe Collection Contents

## Stove Top Chicken Recipes:

### Fruit Based, Other Without Tomatoes, Curried, and With Tomatoes

#### Fruit/Citrus Based

##### Sautéed Orange Chicken with Ginger

-----  
3 pounds chicken legs and/or thighs  
pepper  
2 tbsp olive oil  
2 cloves garlic, finely chopped  
1 cup orange juice  
2 navel oranges, peeled and sectioned  
2 Tbsp minced fresh ginger  
1 tsp dried basil  
4 tsp lemon or lime juice (a substitute for vinegar in original recipe)

Season chicken with pepper. In a large fry pan, heat oil over medium heat. Add chicken and cook, turning, until brown all over, about 10 minutes. Add garlic and cook for one minute. Pour orange juice over chicken. Add orange sections, ginger, lemon/lime juice, and basil. Stir well. Cover and simmer for about 30 minutes, until chicken is tender.

Adapted from 365 Ways to Cook Chicken by Cheryl Sedaker

##### Spiced Chicken with Peaches and Pineapple Sauce

-----  
1 3-lb. chicken, cut up  
1 8-oz can crushed pineapple  
1 cup orange juice  
1/2 cup raisins  
1/2 cup sliced almonds  
1/4 tsp cinnamon  
1/4 tsp ground cloves  
pepper  
1 pound of sliced pureed peaches, fresh, frozen or canned (if you use canned, rinse and drain them very well)

In a large fry pan, combine chicken, pineapple orange juice, raisins, almonds, cinnamon, and cloves. Simmer, partly covered, for 45 minutes, turning chicken occasionally. Add peach puree to pan and stir until well blended. Simmer uncovered 15 minutes longer, until chicken is tender and sauce is slightly thickened. Season with pepper to taste.  
Adapted from 365 Ways to Cook Chicken by Cheryl Sedaker

## Key Lime Chicken Breasts

---

chicken breasts  
key lime to cover  
1 tbs extra virgin olive oil  
a clove of minced garlic  
a few fresh torn basil leaves  
salt and pepper.

Let marinate several hours or overnight if possible. Drain and either pan saute, grill, etc.

As you saute and the chicken breasts are almost done, add some of the drained reserved marinade and let cook and bubble in the pan over the breasts until hot and bubbly. All the flavors blend so nicely.

Note key lime juice is available in jars or may be available as fresh limes where you are and is more intense in flavor than the regular limes available in my opinion.

From: Joan Ross in rec.food.cooking

## Chicken Breasts Piquant

---

3/4 cup chicken stock or broth or bouillon  
juice of 1 lemon  
1 clove garlic, crushed  
1/8 tsp. pepper  
1/2 tsp. dried onion  
1 tsp. paprika  
2 chicken breasts, split

Combine first 7 ingredients in skillet and bring to a boil. Add chicken, cover and simmer 15 minutes. Turn chicken over, and simmer 15 minutes longer, or until tender. Sprinkle with parsley.

From: Joanne Taylor in "3 Rivers Cookbook II"

## Zanibar Chicken

---

3 pounds chicken thighs and/or drumsticks  
2 tsp. cinnamon  
1/4 tsp. ground cloves  
1/4 pepper  
2 Tbsp olive oil  
1 medium onion, chopped  
1 garlic clove, crushed thru a press  
3/4 cup orange juice  
3 Tbsp raisins

1/3 cup slivered almonds

Season chicken with the spices. In a large fry pan, heat oil over med-high heat. Add chicken, in batches if necessary, and cook, turning until browned, about 10 minutes. Remove and set aside. Add onion to pan. Cook until soft, about 3 minutes. Add garlic and cook 1 minute longer. Return chicken to pan. Add orange juice and raisins. Cover, reduce heat, and simmer 15 minutes, until chicken is tender. Garnish with almonds.

Adapted from 365 Ways to Cook Chicken by Cheryl Sedaker.

### Chicken A La Nancy

---

4 skinless boneless chicken breast halves

1/4 cup olive oil

1 garlic clove, finely chopped

1/2 pound mushrooms, sliced

1/2 lemon, thinly sliced

1/4 tsp pepper

1/4 tsp. oregano

1/2 cup chicken broth (substituted for dry white wine in original recipe)

1 tbsp arrowroot powder (substituted for flour in original recipe)

1 14 oz. can whole artichoke hearts, drained and quartered

Pound chicken breasts to 1/4" thickness between sheets of plastic wrap or wax paper. Cut into 2 inch squares. In a large fry pan, heat oil over med. heat. Add chicken and cook 2-3 minutes a side, until tender and opaque. Remove chicken and keep warm. Add garlic, lemon and mushrooms to the same pan. Cook until tender, 3-5 minutes. Sprinkle with arrowroot powder, pepper and oregano. Cook, stirring, 1 minute. Add broth, and bring to a boil, stirring until mixture thickens. Add artichokes and return chicken to pan. Simmer 2 minutes, until heated through.

From: Frank Perdue in 365 Ways to Cook Chicken

## Other Without Tomatoes

### Bacony Chicken Thighs

---

2 pounds chicken thighs

1/4 pound bacon

1 cup chicken broth

Cut bacon into 1" pieces. Cook in iron skillet til done. Remove bacon to drain. In same skillet over medim heat, cook the chicken in the bacon fat until brown on all sides, about 10 minutes. Spoon out the bacon grease.

Pour in the broth, heat to boil, reduce heat to low, cover and simmer 20-30 minutes, until chicken is fork tender. Throw bacon back in, and you're done.

From: JoAnn

#### Sausage Chicken Thighs

-----  
1/2 pound sweet Italian sausage  
2 pounds chicken thighs  
1/4 tsp. pepper  
1 medium chopped onion  
2 garlic cloves, minced  
1/2 tsp. rosemary  
3/4 cup chicken broth

Prick sausage all over with a fork, and cook in large skillet over medium heat until browned and cooked through, about 15 minutes. Remove from pan, and drain on paper towels. Sprinkle chicken with pepper, cook until browned on both sides, about 8 minutes. Remove chicken from pan. Then add onion and cook until tender, 5 minutes or so. Stir in garlic and rosemary, add broth. Cut the sausage into thirds, and put both the sausage and the chicken back into the pan. Simmer, covered, for 25-30 minutes.

From: JoAnn

#### Moroccan Chicken

-----  
3 tbsp olive oil  
1 chicken, 3 pounds, cut up  
1 garlic clove, crushed  
1/2 cinnamon stick  
1/4 tsp ground saffron  
1/4 tsp fresh ground pepper  
1 pound small white onions, peeled  
1/4 pound blanched almonds  
2 tbsp chopped parsley

In a large flameproof casserole, heat oil over medium heat. Add chicken. Cook, turning until brown on all sides, about 10 minutes. Add garlic, cinnamon, saffron and pepper; cook for 1 minute. Add onions, almonds, parsley, and 2 cups of water. Partly cover and simmer 30 minutes, until chicken is tender. Remove chicken to a serving platter. Spoon onions, almonds, and some sauce over chicken.

Adapted from 365 Ways to Cook Chicken by Cheryl Sedaker.

#### Crusty Chicken

4 oz. chicken  
1 egg  
1-2 Tbsp. water  
1/4-1/3 C nut flour  
pepper

Crack egg into small bowl and beat egg. Add water to egg and beat both together. Add a little pepper to egg mixture and beat it. Place nut flour on a plate. Dip chicken in egg mixture, and dip moistened chicken in nut flour. Coat chicken with flour on both sides. For thicker coating, repeat above procedure. If egg is left, add nut flour until your batter is thick. Make a pancake out of it and place it in the same pan with chicken.

From: Elaine at <http://www.elainecase.com/eclowcarbrecipe.html>

Then bake it at 350F for 30-40 minutes.

Or you could pan fry it in olive oil/bacon grease/lard/fat of choice, maybe 5 minutes on each side, depending on how thick the chicken was, and if you pounded it thin.

### Chicken Fingers

---

A little while back someone posted a simple chicken finger recipe, using dried onions and sesame seeds for the breading. I tried a variation with dried garlic, pepper flakes, black pepper, sesame seeds, and egg for the first dipping. It was great!

From: James Crocker

Adapted by Patti Vincent

### "Breaded" Chicken Strips

---

I made some chicken strips that I breaded with dried onions and sesame seeds. Just dip chicken (or whatever) in egg, then roll in a mixture of equal parts dried onion and sesame seeds. I fried them in olive oil, but I'm sure you could use side pork drippings. You can grind up the dried onions to make a flour and forget the sesame seeds if you didn't want it so crispy.

From: Patti Vincent

### Chicken Legs & Angel Hair Cabbage

---

chicken legs  
green onion  
angel hair cabbage

Cook some chicken legs in a bit of water until done. Then remove them from the pan. In the chicken broth add green onion and angel hair cabbage. Cook

it until it is just soft not mush, add the chicken back on top. Easy. Can be topped with home made salsa

From: Patti Vincent

## Curried

### Chicken Curry with Apple

-----  
2 Tbsp olive oil

1 cup chopped onion

1 cup chopped peeled apple

1 can (16 oz) stewed tomatoes with their own juice

1 cup chicken broth

1 tsp lemon juice

1 Tbsp curry powder or more to taste

4 cups chopped cooked chicken

garnishes: toasted coconut, mandarin oranges, raisins, crumbled cooked bacon, mango chutney, chopped onion

Heat oil in a large frying pan over medium heat. Add onion and cook until softened, about 3 minutes. Add apple, tomatoes and their juice, broth, lemon juice, and curry powder. Simmer, uncovered, 35 minutes. Add chicken and heat through, about 5 minutes. Serve with assorted garnishes on the side.

From 365 Ways to Cook Chicken by Cheryl Sedaker

### Special Chicken

-----  
1 3-lb. broiler-frying chicken, cut up  
pepper

1 large onion, chopped

1 Tbsp olive oil

1-2 tsp curry powder

1 cup apple juice

2 tsp lemon juice

Season chicken. Sauté onion in oil. Allow to brown. Add curry powder and cook for 2 minutes with oil and onion. Push to one side and brown chicken in skillet. Add more oil if necessary. Add apple and lemon juices and simmer for 45 minutes. Sauce should be reduced and thickened slightly.

From: Mrs. Donald J. King in Seasoned in Sewickley

### Robert's Indian Chicken

Speakin' of Indian cookin', I love the local Indian stores. Curry and Garam Masala are like salt and pepper to me.

Heat up some oil in the pan with 2 tblspn curry powder (not the type from normal grocery store). After it's hot, drop in a few pounds of chicken chunks. When dem lil' buggers are all slathered up with the curry-oil, let'm cook nice'n slow (so ya keep 'em soft). When theyre almost cooked through, sprinkle them generously with Garam Masala. Finish cooking them, serve, enjoy, and think of me. hehe.

Variation:

drop in a cup of mixed veges with the whole mix while its cookin'.

<--extravagant, arent I? <;;^>

From Robert aka "Chef No-Frills"

Chicken Vindaloo

-----  
Introduced to India by Portuguese settlers, this spicy stew can also be made with pork, beef or lamb.

1/3 cup lime or lemon juice

6 large garlic cloves, peeled

3 tablespoons chopped fresh ginger

1 1/2 tablespoons curry powder

2 teaspoons ground cumin

3/4 teaspoon ground cardamom

1/4 teaspoon ground cloves

1/4 teaspoon (generous) dried crushed red pepper

2 tablespoons yellow mustard seed

2 pounds skinless boneless chicken thighs (about 10), cut into 1-to 1 1/2-inch pieces

4 tablespoons olive oil

2 1/2 cups chopped onions

1 14 1/2- to 16-ounce can diced tomatoes in juice

1 cinnamon stick

1/2 cup chopped fresh cilantro

Place first 8 ingredients in blender. Add 1 tablespoon mustard seeds and blend until smooth. Transfer spice mixture to large bowl. Add chicken and 2 tablespoons oil and toss to coat well.

Heat remaining 2 tablespoons oil in heavy large pot over medium-high heat. Add onions and sauté until golden, about 5 minutes. Add chicken mixture and stir 3 minutes to blend flavors. Add tomatoes with their juice and cinnamon stick; bring to boil. Reduce heat; cover and simmer until chicken is tender, stirring occasionally, about 30 minutes.

Season chicken mixture to taste with salt and pepper. Mix in remaining 1 tablespoon mustard seeds. Simmer uncovered until liquid is slightly thickened, about 8 minutes. Remove cinnamon stick. Stir in cilantro and serve. Makes 4 Servings

Courtesy of [www.mustardstore.com](http://www.mustardstore.com)

### Spicy Chicken Koftas

---

1 lb skinless boneless chicken, chopped  
2 cloves garlic  
1 inch piece ginger root grated  
4 tsp garam masala  
pinch of turmeric  
4 tbsp chopped cilantro  
2 fresh green chillis, seeded  
half a green bell pepper  
one quarter small onion  
6 tbsp olive oil  
lime wedges

Put all ingredients except oil and lime into food processor or blender and until finely chopped. Shape into 16 balls. Heat oil in large skillet or Wok and fry koftas for 8 to 10 minutes turning to ensure even cooking. Drain and serve hot with lime wedges and/or paleo friendly salsa.

Garam masala:

Finely grind together 2 tbsp cumin seeds, 2 tbsp coriander seeds, 1 tbsp black peppercorns, 2 tsp cloves, 1 tsp cardamom seeds, 2 dried bay leaves, 1 cinnamon stick (3 inch) and 1 dried red chilli. Store in an airtight container and use within 3 weeks.

From Amanda

### Quick Curried Chicken

---

Combine 2 tablespoons chopped garlic, 2 tablespoons curry powder, 1 tablespoon olive oil, 1/2 teaspoon salt, 1/4 teaspoon pepper. Rub over 4 boneless, skinned chicken breast halves, lightly pounded thin. Sauté chicken in 1 tablespoon oil in a non-stick skillet, 4 minutes per side, until no longer pink in center. Remove to plate. Spread 1 tablespoon of your favorite chutney over each breast; cover. Add 1 bunch green onions, sliced in 1-inch pieces, to skillet; cook 3 minutes. Spoon onions over chicken.

Adapted from Family Circle Nov. 98

Title: Coconut Milk Chicken Curry (Gulai Ayam)

Categories: Poultry, Tested

Yield: 4 Portionen

-Penang, Malaysia (Nyonya)

MMMM-----FLATBREADS & FLAVORS; ALFORD-----

900 g Chicken pieces; OR  
675 g Chicken, boneless  
1 tb Oil  
2 Lemon grass stalks; I subbed  
1/2 ts Lemon grass, powdered  
8 oz Coconut milk  
1 c Water  
2 ts Salt  
6 oz Coconut milk

MMMM-----REMPEH (CURRY PASTE)-----

4 Chiles, red; dried; I subbed  
1 ts Chile paste  
1 Cinnamon stick; 2", I subbed  
1/2 ts Cinnamon, ground  
4 Cloves; I substituted  
2 ds Cloves, ground  
2 tb Coriander seed; I subbed  
1/2 tb Coriander, ground  
1 tb Cumin seed; I substituted  
1/4 tb Cumin, ground  
1 ts Fennel seed  
1/2 ts Turmeric  
225 g Shallots; peeled  
1 Ginger, fresh; 1" piece: but  
1/2 ts Ginger, ground; is what I used  
2 lg Garlic cloves, crushed  
5 Macadamia nuts; or candlenuts

MMMM-----OPTIONAL-----

450 g Okra

Soak chiles in warm water 10-15 minutes. Peel and finely chop ginger. Drain chiles and remove hard stems. Remove skin from chicken. Rinse chicken and chop with heavy cleaver into roughly 2" chunks. Cut lemon grass into 2" lengths and flatten with side of heavy knife.

In small heavy skillet, dry-roast cinnamon, cloves, coriander, cumin, and fennel over medium heat, stirring constantly, until fragrant, 2-3 minutes. Remove from heat and pound until very fine, using mortar and pestle, or grind very fine in spice mill. Add turmeric and set aside. Grind drained chiles, shallots, ginger, garlic, and nuts to paste in food processor.

Heat oil in large heavy saucepan over medium-high heat. Add chile paste and fry 4 minutes, stirring constantly. Add dried spice mixture and fry another minute, stirring constantly. Add chicken pieces and turn until chicken is well coated with curry paste. Add lemon grass, then add coconut milk and water. Bring to boil, then cover and simmer over medium heat until chicken is tender, approximately 40 minutes, stirring occasionally. (Boneless chicken will cook in about 30 minutes.)

Add salt and remaining coconut milk and cook 5 minutes longer. Serve hot with Lacy Coconut Milk Pancakes and sliced cucumbers. `

Alternatives: Gulai ayam is occasionally made with the addition of potatoes or okra. Potatoes are cut into 1/2" cubes; okra are left whole. Add with coconut milk and water.

Sylvia's comments: I'm a lazy American, I couldn't see the point of using whole spices if I was just going to have to grind them. I replaced them with the indicated amounts of ground spices. Warning: roasting cinnamon produces very aromatic oils! The back of my throat reacted quite strongly. I substituted blanched almonds for the macadamias, which I didn't have. Something produced a bitter taste that I did not care for. I cut the water in half and would suggest skipping it completely unless you want a curry soup. Boneless chicken doesn't take anywhere NEAR 30 minutes! This had a lovely color and the sauce was great to dip the coconut milk pancakes or other bread into. I'd like to get rid of that bitter flavor and increase the chile paste next time, it was still a bit bland but the coconut milk taste completely disappeared. It also required too much equipment: small cast-iron skillet, bowl, small food processor, cutting board, big skillet for cooking.

Tyops courtesy of Sylvia Steiger, SylviaRN (at) CompuServe (dot) com  
From: Henning Sponbiel in rec.food.cooking

## With Tomatoes

### Chicken Hearts in Tomato Sauce

---

1 pkg Chicken Hearts

1/2 Can Tomato Sauce (I use the entire can)

2-3 cups water

6 tbs oil

1 large chopped onion

1/2 tsp salt

1/2 tsp pepper  
1/2 tsp garlic powder  
1/4 tsp oregano  
small piece of cinnamon stick (about 1/2 inch) OPTIONAL

In pot, heat oil and simmer onions and chicken hearts until brown. Add tomato sauce and water. Add seasoning and bring to a boil. Boil for about 30 minutes or longer (until sauce is as thick as you want it). This recipe also works with giblets (which I prefer) or a combination of both.

From: mgiannad@is.dal.ca (Maria Giannadakis)

### Chicken Cacciatora

---

3 Tbsp olive oil  
1 (3 pound) chicken, cut up, 1 medium onion, sliced  
3 garlic cloves, minced  
1/2 pound mushrooms, sliced  
1 (16 oz) can tomatoes  
1 (8 oz) can tomato sauce  
1 tsp. dried oregano  
1/2 tsp. pepper  
1 large bell pepper, cut into 1 inch pieces

In a large frying pan, heat oil over medium heat. Add chicken and brown on all sides, about 10 minutes. Remove and drain on paper towels. Add onion, garlic, mushrooms and bell pepper to pan and sauté until onions and pepper are softened, about 5 minutes. Add remaining ingredients. Stir well. Return chicken to pan. Bring to a boil, reduce heat. Cover and simmer 30 minutes, until chicken is tender.

From 365 Ways to Cook Chicken by Cheryl Sedaker.

### Chicken Breasts with Red Pepper Sauce

---

2 medium tomatoes, peeled, seeded and chopped  
1 small onion, chopped  
1 medium red bell pepper, chopped  
1 tbsp fresh parsley, chopped  
1 tbsp fresh basil, chopped, or 1/2 tsp dry basil  
1/4 tsp dried thyme  
1/4 tsp hot pepper sauce  
1/4 tsp fresh ground pepper  
4 skinless, boneless breast halves, pounded to 1/4" thickness  
2 tbsp olive oil (substituted for butter in original recipe)  
1/2 cup chicken broth (substituted for white wine in original recipe)

Combine vegetables and spices in a medium saucepan. Bring to a boil, reduce heat, and simmer 20 minutes. Transfer to a food processor or blender, and puree until smooth. Pour into a small saucepan and keep warm over very low heat. In a large fry pan, heat oil. Add Chicken breasts, cook 3 minutes a side, until chicken turns white. Add broth, reduce heat and simmer 10 minutes. Spoon red pepper sauce on plates, and arrange chicken on top. Makes 4 servings.

Adapted from 365 Ways to Cook Chicken by Cheryl Sedaker.

#### Chicken Breasts Supreme

-----  
1 boneless chicken breast cut in half (2 pieces)  
1 fresh lemon, juiced  
2 tablespoons of fresh chopped Parsley (or 1 tablespoon dried)  
2 tablespoons of olive oil

Cut off fat and remove tendons from chicken breasts. Cut chicken into bite size pieces. Heat a skillet on medium high, add olive oil. When the pan and oil are hot, sauté chicken until just cooked through (chicken will spring back when pressed with finger). Add lemon juice and chopped parsley. Toss chicken with lemon, parsley and olive oil for one to two minutes.

Serves 2.

Adapted from Mary f. in rec.food.cooking and Julia Child

#### Chicken with Carrots and Mushrooms

-----  
3 Tbsp olive oil  
1 cup sliced carrots  
1 chicken (3 pounds) cut up  
3/4 tsp. dried thyme  
1 can (28 oz) crushed tomatoes  
1/2 pound mushrooms, sliced  
1 medium onion, chopped  
1 bay leaf  
pepper

In a large fry pan or flameproof casserole, heat oil over medium heat. Add chicken and cook, turning, until brown all over, about 10 minutes. Remove and set aside. Add onion and carrots to pan and cook until onion is soft, about 3 minutes. Add tomatoes, mushrooms, thyme, bay leaf, and pepper to taste. Return chicken to pan. Reduce heat to medium-low, and simmer 30 minutes, until chicken is tender. Serve in bowls, serves 4.

From 365 Ways to Cook Chicken by Cheryl Sedaker.

#### Poached Chicken Portuguese

2 tbsp olive oil  
1 cup sliced scallions  
2 garlic cloves, crushed  
1/8 tsp hot pepper sauce  
1 bay leaf  
1/2 tsp ground cloves  
4 medium tomatoes, peeled, seeded, chopped  
1/8 tsp ground saffron (optional)  
1/8 tsp ground pepper  
1 tbsp lime juice (a substitute for red wine vinegar)  
2 pounds skinless, boneless chicken breast halves

In a large frying pan, heat oil over medium heat. Add scallions and cook until lightly browned, about 3 minutes. Add garlic and hot pepper sauce; cook 1 minute. Add tomatoes, juice, bay leaf, cloves, saffron, and pepper. Bring to a boil, reduce heat and simmer uncovered for 15 minutes. Place chicken on top of sauce, cover, and simmer 15-20 minutes, until chicken is tender and opaque.

Adapted from 365 Ways to Cook Chicken by Cheryl Sedaker.

#### Skillet Cacciatore

---

Brown some chicken in olive oil and garlic, add unsweetened tomato sauce, a chopped pepper, a chopped onion, sliced mushrooms (canned work fine, if you like) some oregano, extra garlic. If you're one of the PaleoPeople who consider wine okay, a half a cup of red wine is good -- but it's not essential. Put a lid on it and simmer for 45 minutes or so.

From Dana

---

## PaleoFood Recipe Collection Contents

## Game Birds

### Duck Rillette

2 lb Duck confit, picked and - bones discarded

1/4 c Minced onions

1 Tb Minced parsley

2 Tb Chopped garlic

Olive oil

Salt and black pepper

2 Tb Fat reserved from the - confit

5 lb domestic duck, deboned, - carcass removed and skin - intact

SOURCE: Emeril Live! Cooking Show Copyright 1997, TV FOOD NETWORK SHOW

#EMIA03 Format by Dave Drum - 01 November 98

Adapted by Patti Vincent

### MMMMM----- Recipe

Title: Poached Partridges England, 15th Century

Categories: Uk, Medieval, Game, Poultry

Yield: 2 Servings

4 Marrow bones

2 lb To 2 1/2 lb partridge (Quail

6 Peppercorns

Oil for frying

2 1/2 c Beef stock

1 c grape juice

1 c apple juice

1/4 ts Ground cloves

1/2 ts Mace

1/8 ts Saffron

1/2 ts Ginger

1 tb Parsley; freshly chopped

Secure the cavities of the bird. Brown it in oil. Add the stock, juice, cloves, and mace. Simmer for 1 1/2 hours, or until tender. Remove the bird, carve, and keep warm. Add the saffron and ginger, simmer the sauce, letting it reduce somewhat, until it is well coloured by the saffron. Check the seasoning.

Pour the sauce over the bird and sprinkle with freshly chopped parsley and serve.

Adapted by Patti Vincent

### MMMMM

### Roast Pheasant

1 two- to three-pound pheasant  
Salt and freshly ground black pepper to taste  
1 bay leaf  
1 clove garlic  
Few celery leaves  
1 slice lemon  
4 slices bacon

1. Preheat oven to moderate (350 degrees)
2. Sprinkle the pheasant inside and out with salt and pepper. Place the bay leaf, garlic, celery leaves and lemon in the cavity. Tie the legs together with string and turn the wings under.
3. Cover the breast with bacon. Place the pheasant, breast up, on a rack in a baking pan and roast until tender, about thirty minutes per pound, basting frequently with drippings.

Sauce:

Remove the pheasant to a warm serving platter and add one cup of broth to the pan. Stir over moderate heat, scraping loose the browned particles. Blend one tablespoons arrowroot with just enough water to combine and stir into the gravy bit by bit. When the gravy is thickened and smooth, add the cooked pheasant liver, finely chopped. 2 servings

Posted to rec.food.recipes by Pat Gold

Adapted by Patti Vincent

Quail with Fruit and Nut Stuffing

---

8 quail  
Salt and freshly ground black pepper  
1-1/2 cups orange juice  
1/2 cup raisins  
3 cloves  
1/2 cup dried coarsely chopped apricots  
1/2 teaspoon powdered ginger  
1 teaspoon grated orange peel  
1 cup chopped pecans  
olive oil

1. Preheat oven to hot (450 degrees).
2. Wash and dry the quail. Sprinkle inside and out with salt and pepper.
3. In a saucepan combine the orange juice, raisins and cloves. Bring to a boil, reduce the heat and simmer five minutes. Strain the mixture, discarding the cloves and reserving the orange juice and raisins.
4. In a mixing bowl combine the raisins, apricots, ginger, orange peel,

and the nuts. Mix well and use the mixture to stuff the quail.

5. Place the quail on a rack in a shallow open roasting pan and brush olive oil. Bake five minutes. Reduce the oven temperature to slow (300 degrees) and bake twenty-five minutes longer, basting frequently with the remaining orange juice.

6. Place the quail in a chafing dish. Season the liquid in the roasting pan with salt and pepper to taste and pour over the quail. When steam rises from the chafing dish, serve at once. 8 servings

Posted to rec.food.recipes by Pat Gold

Adapted by Patti Vincent

MMMMM---- Recipe

Title: Roast Quail with Juniper Berries Iii (Quail)

Categories: Game, Poultry

Yield: 6 Servings

12 ea Quail, necks and feet  
-- removed  
6 sl Pancetta, thin, (Italian  
-- dry-cured unsmoked bacon)  
-- coarsely chopped OR  
6 sl Bacon, coarsely chopped  
12 ea Sage, leaves, fresh OR  
1/2 ts Sage, dried  
1/4 c Oil, olive  
36 ea Juniper, berries, toasted  
-- in dry skillet for 5  
-- minutes  
Salt (to taste)  
Pepper (to taste)  
1/4 c Gin (optional)  
1/2 c Wine, white, dry (optional)  
2 c Stock, Veal

: Preheat your oven to 450 F. Holding quail, breast up, tuck wing tips under. Place a little of the pancetta, a sage leaf, and 2 juniper berries in the cavity of each bird. Sprinkle the cavity and outside of each bird with a little salt and pepper. Push each leg joint downward and fasten it to the carcass with a toothpick, pushing : 1 toothpick through both legs.

: Heat the olive oil in a large heavy skillet over very high heat. Arrange birds in pan, breasts down. Saute, shaking pan occasionally until breasts are lightly golden, 2 to 3 minutes. Place the skillet in the oven and roast 5 to 6 minutes. Use tongs to turn birds' breasts up and continue to roast until golden brown, about 6

minutes. Remove the skillet from the oven and transfer the quail to 6 warm serving plates; keep warm while preparing sauce.

: Discard any fat from the skillet and place the pan over medium-high heat. Deglaze the skillet, adding the gin and wine, scraping up any browned bits in a pan. Add your stock and boil gently until reduced enough to coat a spoon lightly. Stir in the remaining juniper berries, adjust your seasonings, and pour this over the birds. Serve immediately.

: Source: New York's Master Chefs, Bon Appetit Magazine  
: : Written by Richard Sax, Photographs by Nancy McFarland  
: : The Knapp Press, Los Angeles, 1985

: Chef: Seppi Renggli, The Four Seasons Restaurant, New York  
: Owners: Tom Margittai, and Paul Kovi  
: Pastry: Bruno Comin

From: Fred Ball

Date: 13 Aug 98

MMMMMM

MMMMMM-----

Title: Plum-Glazed Butterflied Quail  
Categories: Poultry  
Yield: 4 Servings

12 Quail; thawed if frozen  
1/3 c maple syrup  
1/4 ts Basil Leaves; dried  
Salt  
Pepper

Rinse quail and pat dry. Cut through backbone of each bird with poultry shears or a knife. Place quail, skin-side up, on a flat surface and press down firmly, cracking bones slightly, until birds lie flat. In a 2 to 3 cup pan, add syrup, and basil; stir over low heat.

Place birds, skin-side up, on a grill 4-6" above a solid bed of hot coals. Cook, turning occasionally, until skin is browned and breast meat is still pink at bone, (cut to test) 8-10 minutes total. During the last 5 minutes on the grill, baste with the syrup and basil mixture. Add salt and pepper to taste.

Source: Unknown Typed by Katherine Smith  
Adapted by Patti Vincent

MMMMM

MMMMM-----

Title: Quail with White Grapes

Categories: Poultry

Yield: 2 Servings

4 Quail

1 tb Lemon juice

1/2 ts Salt

White pepper to taste

1/4 c Olive oil

1/2 c Chicken broth

1 tb Lemon juice

1/4 c White grapes [seedless]

2 tb Toasted almonds [sliced]

1) Rinse the birds and pat dry inside and out, then drizzle with 1 tb lemon juice and sprinkle with seasonings Let stand for 1 hour

2) Saut, in oil in a saucepan 'til golden.

Add broth and remaining lemon juice, cover and simmer for 20

min. add the grapes and almonds and cook for 5 more min. or 'til birds are tender...

Source: "Bill Saiff's Rod & Reel Recipes for Hookin' & Cookin'" cookbook re-typed with permission for you by Fred Goslin in Watertown NY on Cyberealm Bbs. home of KookNet at (315) 786-1120

Adapted by Patti Vincent

MMMMM

Quail with Mushroom Duxelle

3 tb Olive oil

1 lb Wild mushrooms, cleaned,  
Stemmed, and chopped

1/4 c Minced shallots

2 tb Minced garlic

1 c Chicken broth

Salt and black pepper

1 Deboned quail, carcass removed and skin intact

SOURCE: Emeril Live! Cooking Show Copyright 1997, TV FOOD NETWORK SHOW

#EMIA03 Format by Dave Drum - 01 November 98

Adapted by Patti Vincent

MMMMM----- Recipe

Title: Smothered Quail  
Categories: Holidays, Poultry  
Yield: 6 Servings

6 Quail; cleaned  
Salt to taste  
Black pepper to taste  
5 tb olive oil  
2 tb arrowroot  
2 1/2 c Chicken broth; boiling  
Juice from 1/2 a lemon

Preheat the oven to 325 degrees.

Sprinkle each quail inside and out with salt and pepper.

Heat the oil in a skillet, preferably of black cast iron, and when it is quite hot, add the quail. Brown the birds on all sides, turning occasionally to brown evenly, about 5 minutes.

Transfer the quail to a platter. Add arrowroot mixed with broth, stirring rapidly with a wire whisk until the sauce is thickened and smooth. Add the lemon juice. Return the quail to the skillet and turn them in the sauce. Cover with a tight-fitting lid. Place in the oven and bake 45 minutes or longer, or until the quail are thoroughly tender.

From: "Phillip Waters"  
Adapted by Patti Vincent

MMMM

Grilled Quail Salad with Provencal Vegetables and Lime Dressing

-----  
For the quail:

4 boned quail [I didn't bone the quail. I just cut them in half.]  
1 cup Lime Dressing [recipe elsewhere]

Separate the quail legs from the breasts. [I did not do this. I just cut the quail in half.] arrange the pieces in a single layer in a bowl and drizzle with the Lime Dressing. Cover and refrigerate for 12 hours. [I marinated the quail for 7 hours and it tasted very good.]

When ready to grill, prepare a charcoal fire and let it burn down to ashes, or preheat a broiler. Grill or broil the quail legs and breasts until medium rare, about 3 minutes on each side. Slice each breast crosswise into 3 pieces. [I didn't slice the breast since I didn't bone the quail. I served 2 quail halves, bone-in, on each plate.]

Makes 4 appetizer servings

From: French Food American Accent by Debra Ponzek via Kay in RFC

Deep Fried Quail

-----  
birds

8 cloves garlic

2 centers lemon grass

1 T black pepper (crushed)

1/4 cup olive oil

This is rather low-rent, but my favorite quail dish is deep-fried. Take your birds and marinate them with garlic, lemon grass, black pepper (crushed) and oil overnight. Reduce marinade to a fine emulsion in a mortar and rub it into the quail (inside the body cavity, under the skins, etc.)

Allow them to come to room temperature, dry them off, and then deep fry them in oil. They'll puff up and then deflate. Cook them to your taste (either very crispy or not so). I serve them Vietnamese-style with salt and pepper powder (roast white peppercorns with salt and some lemon zest, then crush) and limes. Squeeze the lime on the quail, dip in salt/pepper combo, and eat. They are great served with pickled carrots and daikon (again, Vietnamese-style).

Your numbers may be slightly off. I would allow 3-4 quail per person (I tend to get very small birds). They are quite addictive served this way and you'll be surprised how many you end up eating (bones and all!)

From: lapageria@aol.com in RFC

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## PaleoFood Recipe Collection Contents

## Wild Game (Alphabetical)

Here are some good preparation tips:

[http://www.exoticmeats.com/Web\\_store/web\\_store.cgi?page=CookingEM.html](http://www.exoticmeats.com/Web_store/web_store.cgi?page=CookingEM.html)

### Alligator Etouffee

-----

1 lb alligator meat - cut in thin strips  
1 cup olive oil  
1/2 cup green onions - chopped  
1/4 cup parsley - chopped  
2 garlic cloves - minced  
4 celery stalks - chopped  
1 can tomatoes - (sorry folks, no size given)  
salt, cayenne and black pepper

Saute onions, garlic and celery in butter until soft. Add tomatoes and simmer for 20 minutes in covered iron pot. Add alligator meat and allow to cook over low heat until tender (approximately 1 hour). If gravy is too thick, add a little hot water.

September, 1990 - Louisiana Conservationist Calendar

Posted by Fred Towner to rec.food.recipes

MMMM---- Recipe

Title: Barbecued Alligator Tail 1

Categories: Meat, Barbeque

Yield: 4 servings

4 Alligator tail steaks,  
-about 3/4" thick  
Coconut milk diluted with half water for marinade  
1/2 ts Fresh ground black pepper  
1/4 ts Cayenne pepper  
1 tb Rosemary  
Red pepper flakes

In a deep bowl, add pepper flakes and rosemary. Season meat with black and cayenne peppers. Place meat in the bowl, add milk as needed to cover. Let marinate 3-4 hours.

Remove meat from marinade, discard marinade. Pat the meat dry. Re-season the meat, if desired, with black and red peppers. Add salt to taste, if desired.

Brush meat with olive oil to reduce sticking, and grill over hot coals, or over medium heat in a gas grill for about 10 minutes each side, brushing with oil again when turning.

From: Art Barron Date: 08-13-93  
From: Barry Weinstein  
Posted by Fred Towner to rec.food.recipes  
Adapted by Patti Vincent

MMMMM

Bear Roast

-----  
4 lb Bear meat  
Pepper to taste  
Celery salt to taste  
2 Garlic cloves  
8 oz (piece) Salt pork

Season the bear meat with the celery salt and pepper and place in a stock pot, adding the garlic, salt pork, and enough water to cover; Cook 'til meat is tender, then drain RESERVING the pan juices. Place the meat in a roasting pan and top with the onions, roast at 350x until brown, basting with the reserved juices. Thicken the remaining juices for gravy.

Yield: 12 servings

From: Fred Towner in rec.food.recipes archives

Adapted by Patti Vincent

Elk Tenderloin with Brandy Mustard Sauce

-----  
2 elk tenderloins, 8-10 oz each  
sliced bacon  
1/2 c. sliced mushrooms  
1 Tbsp Grey Poupon mustard  
1/4 c. onion, finely diced  
1/4 c. bell pepper, diced  
1/2 c. brown gravy  
1 clove garlic  
thyme  
ground black pepper

Remove silverskin from tenderloins and rub meat with split garlic cloves. Sprinkle lightly with thyme and black pepper. Wrap bacon around tenderloin and use toothpick to secure. Place in hot frypan and saute until bacon is cooked. Note: tenderloins should not be cooked past medium rare. Remove from pan and pour off excess grease. Place onion and bell pepper in pan for 30 seconds, add mushrooms and saute until tender.  
Adapted from Bill Parton, Chef, Buckhorn Exchange Restaurant

Muskrat Stew

-----  
1 cleaned muskrat, chopped  
4-5 scraped and cleaned yellow pond lily tubers  
Fistful of wild onions

Cook muskrat in grease until browned. Add tubers and onions. Cover with water and cook slowly in a covered pot 6-8 hours.

From Tom Kuhn, Native American archeologist

#### Possum Roast

-----  
1 possum, dressed  
2 red pepper pods  
1 tsp salt  
1/4 tsp black pepper  
1/8 tsp sage  
2 tbsp lemon juice

Place dressed possum in a kettle with the pepper pod. Cover with cold water and bring to a boil; simmer for 1 hr. Remove and place on a rack in a dutch oven or roasting pan. Add 1 cup of water. Sprinkle with salt, pepper, sage and lemon juice. Cover and cook over very low temp on top of stove or bake at 325 for 2 hrs or until the meat is crisp and brown. Transfer possum to a hot platter to serve.

Adapted from: bbqman@ix.netcom.com (LARRY WILLRATH)

#### Rabbit Roasted with Sweet Fennel

-----  
Preparation time: 30 minutes

Cooking time: 2 hours

Yield: 4 to 5 servings

2 1/2-2 3/4-pound rabbit, cut into 8 to 10 serving pieces  
5 cloves garlic, peeled  
2-inch sprig fresh rosemary or 1 1/2 teaspoons dried  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
2 bulbs fresh fennel, cored, cut into 1 1/2-inch wedges  
1 large onion, cut into 1 1/2-inch wedges  
3 ounces pancetta (unsmoked Italian bacon), minced  
1 teaspoon fennel seed, coarsely ground  
1/2 cup coarsely chopped fennel tops  
1/4 cup extra-virgin olive oil  
3/4 vegetable broth  
1/2 cup low-sodium chicken stock

1. The night before cooking, rinse and dry the rabbit pieces. Use a mortar

and pestle or a knife on a cutting board to make a paste of 2 garlic cloves, the rosemary, salt and pepper. Rub the paste over the rabbit pieces. Put them on a plate, cover lightly with plastic wrap and refrigerate.

2. Heat the oven to 350 degrees. Have ready a shallow roasting pan large enough to hold the rabbit in a single layer, with space for the vegetables. Arrange the rabbit pieces in the pan. Dab the rabbit pieces with any seasoning rub that may have been left on the plate. Scatter the fennel, onion, pancetta, remaining 2 cloves garlic, fennel seed and half the fennel tops over the rabbit. Sprinkle with the olive oil and a bit of salt and pepper. Roast 30 minutes, basting often with the pan juices. Pour in 1/2 the broth and roast another 1 hour. Baste often, turning the pieces occasionally. Add a little water to the pan if the pan is dry.

3. Increase the heat to 450 degrees, cook until the rabbit is golden brown, about 10 minutes. Turn the rabbit and vegetable pieces and roast until golden on the other side, basting once with the pan juices, about 10 minutes.

4. Transfer the rabbit and vegetables to a heated platter and keep them warm in the turned off oven with the door open. Quickly make a pan sauce by setting the roasting pan over two stove burners turned to high. Add remaining 1/4 cup broth and the stock. Scrape up the brown glaze from the bottom of the roasting pan as the liquids boil down by about half, 3 to 5 minutes. Scatter the remaining fennel leaves over the rabbit. Pass the sauce with the rabbit at the table.

From: [japlady@nwu.edu](mailto:japlady@nwu.edu) (Rebecca Radnor)

Adapted by Patti Vincent

MMMM---- Recipe

Title: Herb-Roasted Rabbit

Categories: Meats, Main dish, Game

Yield: 4 servings

2 TB Olive oil

1 Rabbit (about 2 1/2 lb), cut  
-in 6-8 serving pieces.

Salt & pepper to taste

1 md Onion; halved lengthwise &  
-slivered

1 lg Clove garlic; minced

2/3 c chicken or vegetable broth

1/2 ts Rosemary; dried -=OR=-

1 ts Rosemary; fresh chopped

2 TB Flat-leaved parsley; chopped

Preheat the oven to 350F. Place the oil in a large, heavy skillet over medium-high heat. Brown the rabbit pieces in batches until golden, about 5 to 7 minutes per side, sprinkling with salt & pepper. Place the browned

rabbit into a shallow baking pan. Add the onion to the skillet and cool over low heat for 7 to 10 minutes to soften. Add the garlic and cook 2 minutes more, stirring. Add broth and raise the heat; bring to a boil, scraping up the browned bits on the bottom of the skillet. Reduce the heat; add the rosemary and cook sauce for 2 minutes longer. Pour the sauce over the rabbit and bake for 45 minutes. To serve, place rabbit pieces on a serving platter and pour all remaining pan juices over top. Sprinkle with chopped parsley and serve immediately. Serves 4.

Source: Miami Herald Parade Magazine, 10/23/94 Typos by .\\ichele

From: Fred Towner in rec.food.recipes

Adapted by Patti Vincent

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MMMMM----- Recipe

Title: Lagos/Kounelli Fournou (Baked Hare or Rabbit)

Categories: Main dish, Meats, Greek

Yield: 4 servings

1 Rabbit or hare  
-- cleaned and skinned  
2 Celery stalks, with leaves,  
-- chopped  
2 md Onions; chopped  
1 Carrot; sliced  
1/2 c Chopped fresh parsley  
1 Bay leaf; crumbled  
2 Sprigs fresh rosemary  
6 Peppercorns; bruised  
2 c chicken or vegetable broth  
1/2 c apple juice  
olive oil  
Salt  
Freshly ground pepper  
4 Fresh tomatoes; chopped -OR-  
8 oz -Tomato sauce  
3 Allspice berries

After washing the rabbit or hare thoroughly and cutting into serving pieces, place in a large glass or earthenware bowl. Make a marinade by combining the celery, onions, carrots, herbs, peppercorns, broth, and apple juice and pouring over the meat. Cover and refrigerate for a day, turning the pieces over occasionally.

On serving day, drain, reserving the marinade, and wipe dry.

Transfer the marinade to a casserole and simmer for 15 minutes.

While the marinade is cooking, heat the oil in a large frying pan, and when very hot sear the meat over high heat until it is reddened

in color without browning. Remove from the heat, and with a spatula lift the rabbit or hare pieces into the simmering marinade. Taste for seasoning, then add the salt and pepper, tomatoes, and allspice. Weight the meat with a small plate to keep it under the sauce, then bake it in a very slow oven (225 F) for 2-1/2 hours, or until the meat is tender and the sauce thickened.

Source: The Food of Greece - by Vilma Liacouras Chantiles  
Avenel Books, New York ISBN:0-517-27888-X  
Typed for you by Karen Mintzias  
From: Fred Towner in rec.food.recipes  
Adapted by Patti Vincent

MMMMMM

#### Rabbit Marinated in Cider & Peppercorns

---

1 2-lb rabbit, cut into 6 serving pieces  
1 cup apple cider  
1 tsp dry mustard  
2 Tbsp green peppercorns  
1 1/2 Tbsp chopped fresh thyme leaves plus more for garnish OR  
1 tsp dried  
1 Tbsp crushed black peppercorns  
1/2 tsp red-pepper flakes  
2 tsp olive oil plus more for oiling roasting rack  
1 firm apple, unpeeled  
1 Tbsp fresh lemon juice 2 tsp butter  
1/2 Tbsp pure maple syrup

Place rabbit pieces in a nonaluminum shallow dish. In a small bowl, whisk together cider, mustard, green peppercorns, thyme, black peppercorns and red-pepper flakes and pour over the rabbit, turning to coat well. Cover and marinate in the refrigerator for 24 hours, turning occasionally.

Preheat oven to 450 deg F. Brush marinade off the rabbit pieces, reserving it. Heat oil in a non-stick skillet over medium-heat, and sear the rabbit pieces for 1 to 2 minutes per side, or until lightly browned. Place them on a lightly oiled rack in a roasting pan. Roast for 35 to 40 minutes, basting occasionally with the reserved marinade, until the juices run clear when the rabbit is pierced with a skewer. Meanwhile, core and slice apple into 1/2-inch slices. Toss with lemon juice. Heat one teaspoon oil in a nonstick skillet over medium heat. Add apples and maple syrup and cook for 3 to 4 minutes, or until golden, turning once. Arrange rabbit on a serving platter and garnish with apple slices and fresh thyme, if using. Serves 4.

From: Campagne Restaurant in Seattle, Washington  
From: riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)  
Posted to rec.food.recipes by Emma Fernlund  
Adapted by Patti Vincent

## Roast Rabbit

---

1 rabbit; oven ready  
4 rashers bacon

Weigh the rabbit and calculate the cooking time allowing 15 minutes per 450g (1 lb) roasting time plus 15 minutes

Stand in a roasting tin. Top with bacon.

Roast at 220 C / 425 F / Gas 7 for 15 minutes. Reduce to 180 C / 350 F / Gas 4. Continue to roast for the required amount of time, basting frequently with juices. Accompany with gravy, cranberry sauce and vegetables. Yield: 4 servings

By: Dairy Book of Home Cookery New Edition for the 90's

Posted to rec.food.recipes by Helen Watson

Adapted by Patti Vincent

## Grilled Rattlesnake with Mojo Criollo

---

It's so strange that I actually have some rattlesnake recipes! We actually cooked up a rattler at a friend's house (he lives way out in the Mojave desert of California and has tons of those things crawling around his yard). After cutting off its head and skinning and gutting it, we marinated the snake in Mojo Criollo, a Cuban marinating sauce consisting of lots of garlic and sour orange juice. We allowed it to marinate for a couple of hours, then we grilled it. Muy delicioso! I usually buy bottled Mojo in the store, but in the Marinade section is a recipe that's pretty close to the bottled version.

From: Staca Hiatt in rec.food.recipes

## Rattlesnake

---

We usually add rattlesnake to chili. Treat rattlesnake as you would any quick-cooking white meat (i.e., chicken, shellfish). Of course, everyone will tell you it "tastes just like chicken". It is also very good deep fried in a simple "breading." You might try looking for fried alligator recipes too and adapt them for use with your snake. If your rattler is still alive or in one piece, the following directions for dressing rattlesnakes might be helpful:

1. Place dead rattlesnake on a cutting board and hold firmly behind the head.
2. Cut off head and rattles and discard.
3. Strip of skin and discard or save (for a hat band maybe?)
4. Make along slice along the underside and remove all internal organs.
5. Cut into chunks and refrigerate or freeze until ready to use.

From: L Hodge in rec.food.cooking

Aalu

----

obtain a seal

scrape some seal fat

scrape some seal meat

cut up some ptarmigan intestines

add seal blood to mix

add the scraped fat and meat

Serve as an appetizer along with the rest of the seal

The Inuit woman in the piece mentioned that seal eyeballs provide a good source of vitamin C, the seal brain, iron and protein and the liver, vitamin A.

The meal will give you a lot of energy!

From: Susan Carmack on the PaleoFood list

Snails

-----

Pull off the hard thin "skin" that covers the opening to the shell when the snail has retracted; cover it with a blob of side pork grease in which you have put parsley, garlic, chives or whatever; put it open side up in the oven for about 3 minutes, and serve. Sounds easy, but how keep it open side up? The French have special platters with 12 depressions in them which you drop them into; they also have special tongs to hold each one with while winking out the succulent contents. Specialty cookware stores have both.

From: Geoff Stanford

Adapted by Patti Vincent

Squirrel

-----

Most of the turn of the century and earlier cookbooks have squirrel recipes, and all of them suggest that cooking squirrel is quite similar to preparing and cooking rabbit. Grey squirrels and fox squirrels seem to be favored, and chefs are advised to not skin the animal until just prior to cooking.

Posted to rec.food.recipes by: gmehl@ptd.net

Barbecued Squirrel

-----

Put some slices of fat bacon in a baking dish. Lay six squirrel on top of them and lay two slices of bacon on the top. Put them in a 350 degree oven for about 30 minutes or until done. When done remove the squirrel and bacon from baking dish and keep warm. Add to drippings, 1/2 cup water and 1

teaspoon arrowroot. Stir until thickened. Add 1 teaspoon bacon grease if desired and add some tomato or walnut catsup. Pour over the squirrel.

From: Housekeeping in Old Virginia, 1879

Posted to rec.food.recipes by: gmehl@ptd.net

Adapted by Patti Vincent

### St. Clair's Sweet and Sour Squirrel

-----  
12 medium-size ground squirrels

1 large red pepper

1 bunch green onions

olive oil

1/2 tsp. salt

1 (20 oz.) can pineapple chunks in juice

1/2 cup orange juice

2 Tbsp. tomato paste

1 tsp. arrowroot

Skin and cut the squirrels. Chop off the squirrels heads and tails. Trim fat and remove the bones. Cut green onions diagonally into 1 inch pieces; slice red pepper into 1/2 inch thick slices.

In a 12-inch skillet over medium heat, in 1 tablespoon olive oil, cook green onions and red pepper until tender-crisp; stir frequently. Remove to bowl. In same skillet over medium-high heat, Add 2 tablespoons oil, cook squirrel parts and salt. Cook the squirrel about 15 minutes. Drain any fat in skillet.

In a bowl, mix 1/4 cup pineapple juice, 1 cup pineapple chunks, 1/2 cup orange juice, tomato paste, and arrowroot. Stir mixture in the skillet with the squirrels, stirring to loosen any squirrel bits from the bottom of the skillet. Cook until mixture thickens slightly and coats the squirrel. Stir in green onion mixture, heat through. Makes 4 servings.

From: Sony San Diego Family Cookbook (1992)

(Contributed to the cookbook by: Janalee St. Clair)

Posted to rec.food.recipes by Katrina Bugher

Adapted by Patti Vincent

### Barbecued Venison Steaks with Herbs

-----  
4 Venison Steaks (4 oz. each)

Chopped rosemary 2 Tbsp

Chopped garlic 2 Tbsp

Chopped thyme 2 Tbsp

Olive oil 1/4 cup

pepper to taste

For marinade, combine oil and herbs. Marinate venison for 4 hours in refrigerator, covered. Remove from marinade and shake off excess oil. Place venison on grill over just hot coals (but not flaming). Season with pepper and brush with marinade. Cook for 5 minutes turning once, or until medium rare.

From <http://www.foodcomm.com/recipes/>

#### Roasted Venison the Easy Way

-----  
Venison Roast, about 1 1/2 pounds  
Olive oil, enough to coat meat

Heat roasting pan until hot. Add olive oil to coat and brown venison on each side. Cook in oven at 375F for 15-20 minutes or until medium rare. Let it stand for 5 minutes and carve into thin (1/2 inch thick) slices. Suggested Accompaniments: Sauteed leeks with wild mushrooms.

From <http://www.foodcomm.com/recipes/index.htm>

#### Grilled Venison Brochettes

-----  
Venison Leg or Shoulder Roast, 2 pounds  
4 Baby artichokes, halved  
2 Bell peppers (any color)  
3/4 cup Olive oil  
3 Tbsp Chopped fresh basil  
2 Tbsp Lemon juice  
1 Tbsp Red chili flakes  
Pepper to taste

For marinade, combine olive oil, basil, lemon juice and chili flakes. Roast and peel peppers. Cut into 2-inch squares. For venison, cut venison roast in 1-1/2 inch cubes. Marinate venison and vegetables for 30 minutes. Thread skewer with venison and vegetables. Grill over high heat for 5-6 minutes, turning once. Venison should be rare. Brush with marinade just before serving.

From <http://www.foodcomm.com/recipes/>

#### Venison - Italian-Style Pot Roast

-----  
3-4 lb venison pot roast  
2 Tbsp fat  
pepper  
1 8oz can tomato sauce  
1 medium onion, chopped  
1 c. celery, chopped  
1 Tbsp. parsley, minced

2 tsp. oregano  
1 clove garlic  
1 c. dry red wine (i know wine isn't paleo- come up with a substitute)

In Dutch oven, brown roast on all sides in fat. Add pepper to taste. Combine remaining ingredients, and pour over pot roast. Cover and bake 3 to 4 hours at 300.

Adapted from Theresa J. Farney, Colorado Springs Sun

### Venison Grilled Tenderloins

---

Wash and trim the tenderloins well.

Rub with white pepper and garlic.

Make a sauce of Ray's Neanderthin barbecue sauce, honey and lemon pepper seasoning and marinate the tenderloins.

Roll the tenderloin up in foil and place it on the back of the grill.

Cook slowly at low flame.

From Vance Persall

### Roast Loin of Venison

---

4 pounds boneless loin of venison, at room temperature

2 tablespoons olive oil

1 teaspoon freshly ground pepper

1/2 teaspoon finely chopped juniper berries

Preheat the oven to 400F. Rub the venison with the olive oil, 1 teaspoon of the pepper and 1/2 teaspoon of the chopped juniper berries, pressing the seasonings into the meat. Set the loin on a rack in a roasting pan and roast, basting frequently with the pan juices, until medium-rare (about 135F on a meat thermometer), 25 to 30 minutes. Cover the venison loosely with foil and set aside for 10 to 15 minutes before carving. Slice the venison thinly .

Adapted from <http://www.mcs.vuw.ac.nz/school/staff/Amy-Gale.html>

### Venison Roasted in a Pinenut Crust

---

Venison hind leg (about 16cm x 16cm)

Pinenuts, ground 1/2 cup

Crushed garlic 1 tsp

Coarse black pepper 1 tsp

Optional:

Pitted figs - 6

Dried apricots - 6

Glacevginger, finely diced - 3

Ground allspice - 1/2 tsp  
Crushed juniper berries - 5

Combine crust ingredients and press onto top and side of meat. Transfer meat to a roasting dish and roast at 220C for about 12 minutes allowing minutes per centimetre depth of meat. Rest meat for 8-10 minutes before carving.

Optional - The meat can be stuffed with the fruit mixture before coating with the crust. Carefully cut a pocket lengthwise in the venison using a long narrow knife taking care not to pierce the outer flesh. Dice dried fruits finely and combine with ginger, allspice, juniper berries and brandy. Fill cavity of meat with fruit mixture and secure cavity hole with toothpicks. To cook by microwave - This is best done without a nut coating. Stuff the meat. Brown well in a lightly oiled pan. Transfer the meat to a plate and cover loosely with a paper towel. Microwave at 100% power for 2 - 3 minutes. Leave to stand for 8 minutes before slicing.

From <http://www.foodcomm.com/recipes/>

### Venison Chili

---

One kilo of venison (about 2 pounds) or venison burger (cube the venison into small chunks about 1/2 inch to 1 inch square; if there are any bones, save to use in the chili to enrich the sauce)

2 large onions, sliced  
10 cloves of garlic, finely minced  
One quart of chicken stock, preferably homemade without salt  
4 Tablespoons of chili powder (use plain chili powder, without any salt or other spices in it - you may purchase this at a health food store with bins for spices)  
One Tablespoon ground cumin  
Two Tablespoons sweet red paprika  
One teaspoon of cayenne pepper  
Palmful of dried oregano (this is a couple of tablespoons or so) ground between your hands  
3 bay leaves  
one teaspoon of kosher salt

Note: This makes a sprightly but not firey chile. If you want to go for the burn, use hamburger or top round and add several jalapeno peppers, seeds and all. No point wasting good venison on fire, so use beef or pork.

1/4 cup olive oil [was other oil]

Brown the venison in batches until brown on all sides. Remove to a dish. When all the venison is browned, saute the onions in the remaining oil. You want the onions to melt but not brown. When the onions have reached the

melt stage (about 10 minutes) add the garlic. Don't let the garlic burn. Just let it scent up. Add the browned meat, the stock, the chili powder, cumin, cayenne, paprika, bay leaves, oregano, salt and stock. Bring to a boil. Reduce heat to a just barely simmering and cover. Simmer gently covered for 3 hours. The meat should be fork tender.

Even though venison is very lean, the chili should be defatted. I do this by letting it cool and then refrigerating the chili overnight. The next day, I remove the fat.

To serve, reheat. Taste for seasoning. Sometimes, I add a bit more cumin. Some like to thicken the chili with masa or fine corn meal. To do this, mix some about 1/4 cup fine corn meal with enough water to make a thin paste (no more than one cup of water). Add this quickly to the chili as it simmers, stir like crazy, or you may get lumps. If you use the masa, be sure to cook the chili for at least another 20 minutes or so, or it may taste pastey.

Coleslaw would be the only salad I'd serve with this. If there's any chili left, and this should feed six adults, it freezes beautifully.

Enjoy!

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#### Venison Goulash

---

2 pounds venison (any cut) cut into 1-1/2 inch cubes  
3 tablespoons bacon fat  
1 large onion, sliced or chopped fine  
2 cloves garlic, chopped  
1 tablespoon Hungarian paprika  
1/2 cup red wine (optional)  
1 quart boiling water or stock  
Salt to taste  
1 small can tomato paste (no flavorings or salt)  
1 cup coconut milk (optional)

Melt the fat in a skillet, add the onion and garlic and cook until browned. Add the meat and brown well. Add all the remaining ingredients except the coconut milk. Stir well, cover and simmer gently until the meat is tender, two to three hours, adding more stock, water or wine if necessary.

Just before serving, stir in the coconut milk. Serve with red cabbage cooked with apples. Serves 6  
Posted to rec.food.recipes by Pat Gold

Adapted by Patti Vincent

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The URL of this page is: <http://www.PaleoFood.com/game.htm>

## **PaleoFood Recipe Collection Contents**

## **Meat: Beef (Organs, Tongue, Roast, Steak, Stew, and Other)**

### **Organs**

#### **Beef and Chicken Liver**

I'm trying to use more organ meats for my family. The easiest and most available is beef liver, and chicken livers. Most recipes call for breading them, but I have had delicious results from marinating in oil and lemon juice. Then sauté them in a fair amount of olive oil, HOT, for a short while. Beef liver about 3/8" thick is done in 2 minutes per side. The chicken livers I divide in two before cooking. Then sauté some onions, and combine the meat with the onions just before serving. Beef heart is good too, and especially good as a shish kebob ingredient. I also fix kidney and sweetbreads (pancreas), but they are more trouble, and also harder to find in the supermarket. Sweetbreads are so good, that some of my kids have requested them as a birthday dinner!

From: Michael

#### **Beef Heart**

Beef heart (or deer heart) is excellent! We slice it very thin and saute it in some oil with the regular seasonings-- garlic, salt, pepper, etc. We have also "breaded" it by dipping slices in egg, then in crushed pork rinds and then fry it up. Takes a little longer to cook, because it is very lean. Just use it in any way you'd use a tougher cut of meat. We don't think that it has any "different" or stronger flavor-- like liver-- it's just a big muscle with a little different texture because cardiac muscle is a little different than skeletal muscle.

PS: our butcher just gives us the heart if we want it, so it's very cheap!!

From: Julie Jarvis on PaleoFood list

#### **Beef Heart**

Made this last night and thought it was swell. Had been cooking some beef heart in bacon grease. Put one large, wedged, not peeled apple in leftover hot grease. Juice of one lemon, about 2 tablespoons raisins, 2 tablespoons chopped walnuts and some cinnamon. Cooked, tossing, until softish. Very good for side dish/dessert.

From: Beverle Sweitzer

#### **Beefheart**

One beefheart

Fresh ground pepper, about 1/4 cup

4 large onions, sliced as thinly as possible.

2 garlic cloves very finely diced

Shallow pan large enough to hold the heart

Oven pre-heated to 250F. Mix the garlic and pepper together. Using a sharp knife, cut down into the heart about 1". Carefully cut in a spiral towards the center keeping the cuts 1" apart. Lay the heart out in one long strip. Spread the pepper/garlic mix evenly over the meat. It will be a very thin layer and does not have to coat the entire heart. The idea is to not have any clumps of the mix. Evenly layer the thinly-sliced onion on the heart. Roll the heart back together, jelly roll fashion. Secure with twine. Put heart into the shallow pan and put into the oven. Using a meat thermometer to determine internal temperature, cook until:

Rare (red center) - 110F

Med rare (still red center, but shading towards pink) - 120F

Med (pink center) - 135F

Med Well (a little pink in the center) - 145F

Well Done (no pink at all) - 160F

When internal temperature reaches desired level, remove from oven and cover lightly with foil. The heat in the center will continue to rise for another 5F. Times will be determined by the size of the heart. Since I eat mine very rare, it only takes a couple of hours.

From: James Franklin on the PaleoFood list

Captain Beef Heart, not!

-----  
This is just my preference, but with most big animal hearts (beef, bison, deer, pork, etc.) I just either throw it whole in a crock pot with a little water and roast it slowly all day, or else I oven roast it at around 275 F. for an hour or two, depending on the size. Kind of just like a roast -- toss in an onion, maybe some carrots, parsley, parsnips, chunked rutabaga -- whatever you like. Makes a delicious broth too. If you want to be fancy, you can go to the trouble of cutting out the rubbery vessels first and stuffing the chopped veggies inside and roasting it that way. (Sorry I have nothing fancier for you, but hearts were always my favorite organ meat, and I think they're just yummy plain with a dash of salt.)

From: P & L Ventura on PaleoFood list

Organ Meats

-----  
All organ meats should be really fresh. You want to take them home and ideally cook them the same day your butcher puts them out.

Sweetbreads take a bit of preparation time. It can be either calf thymus, (calf's sweetbreads), or beef pancreas. I suppose it could also be calf pancreas, too. Soak them in really cold water, changing every 20 min or so, for an hour. Then peel whatever you can of the capsule surrounding the

sweetbreads. Next simmer them for about 20 min, in water with a little lemon juice, and a bay leaf if you like. Remove, rinse in cold water, remove any more membrane (but don't get too obsessive about this), and they are ready to use in any recipe you might like. My favorite is slice about the width of a finger (use a sharp knife), and sauté gently with olive oil, mushrooms, and a few chopped shallots. They are also good sliced and broiled, say brushed with olive oil. Maybe 8 to 10 minutes per side, about 6" from the heat. Lemon juice squeezed over them at serving hits the spot. They can be baked, too. Almost anything after the initial cleaning and simmering.

Kidneys are different, here the problem is controlling the production of an ammonia smell, that pretty well kills the appetite. Best are calf's or lamb's kidneys, and most of ours in the past have been lamb, that a local woman would give me for helping her butcher them. With these, if they smell really good, I just trim off the fat and white gristle, slice 1/2" or so thick, or cube, and grill over charcoal. (The cube on a skewer with onion, green pepper, and tomato.) The secret here is really hot, and not too long. If the calf is closer to a beef, or the lamb a sheep, slice and soak for a couple of hours in milk (in the fridge), pat dry, then grill or fry in hot olive oil for a short time. The difficulty is that water may start to cook out, and they can get tough. This is usually a sign that the oil wasn't hot enough. Also, any marinade that you like (and fits your diet can be used). The milk is more of a pre-treatment.

From: Michael

Fritada

-----

One medium onion

salt and pepper

Blood from the animal

6 cloves garlic

Small and large intestines

Heart

Liver

Pancreas

Open and scrub intestines with coconut or olive oil. Wash with boiling water, vinegar and salt. Wash liver and remove skin. Chop into small pieces. Cook all ingredients except the blood. When meat is cooked, then add blood and stir. Add 1 cup cold water.

This is absolutely, unbelievably delicious. At a fiesta, with 20 or so cooks, the cooks eat all the fritada while working, leaving none for the attendees who arrive later! It's their payment for their work.

A Guamanian recipe from a very old "Dorothy's Kitchen" column in the Pacific Daily News, a Gannett newspaper.

# Tongue

## Boiled Beef Tongue

-----  
A tremendously tender, rich, beef delicacy

1 Large beef tongue 3-4-5 lbs etc

1 Big kettle of water

Finding Beef Tongues may be hard in some areas, but Mexican food marts often have them for use in Tacos, etc.

Wash off Beef Tongue, and put into pot of cold water. Bring to a simmer and cook 3-4 hrs. When removing cooked tongue from kettle simply remove the white film over tongue by PEELING it off. It comes off easily. Then serve with a good beef gravy.

From: lee.ward@corpsoft.com (Lee Ward)

## Basic Tongue

-----  
I either just simmer til tender or pressure cook about 15 minutes. When the tongue is fork tender, I put it under running water and gently remove the skin. The hardest part is the tip which sometimes takes part of the flesh with it because it is so thin there. I put it back in the pot to keep warm, or on a plate to cool depending on how we are eating it. Nice thin slices, yum! BTW, when I cook the tongue I put it in hot water to cover with a bay leaf and a few peppercorns and some salt.

From: Helen Peagram

## MMMM---- Recipe

Title: Fresh Beef Tongue with Spicy Sauce

Categories: Beef, Meats, Offal

Yield: 8 Servings

1 Fresh beef tongue  
2 Onions  
1 lg Carrot  
4 Sprigs parsley  
1 Stalk celery  
1/2 Bay leaf  
8 Peppercorns  
2 t Salt

Scrub tongue and place in large kettle with onions, carrot, parsley, celery, bay leaf, peppercorns and salt. Cover with boiling water, bring to boil. Skim and simmer, covered, for 3 to 4 hours or until

tender. Reserve the tongue liquid in case some is needed for the sauce. Remove the skin and root ends. Strain following sauce over tongue when ready to serve. Serves 8.

MMMM-----SAUCE-----

1/8 t ginger  
1/2 c Raw cranberries  
1 Tb raw honey  
1/2 Lemon, sliced and quartered

Combine ginger, cranberries, honey and lemon. Add enough water to cover cranberries. Simmer about 15 minutes. Mash cranberries, and lemon. Check seasoning. If more liquid is needed, use tongue liquor.

Source: "The Best of Shaker Cooking; Revised and Expanded" by Amy Bess Williams Miller and Persis Wellington Fuller, Macmillan Publishing Co., 1985, ISBN 0-02-584980-8.

Typed by Manny Rothstein, 1/97. Via Helen Peagram in rec.food.cooking  
Adapted by Patti Vincent

MMMM

MMMM---- Recipe

Title: Tongue  
Categories: Meats, Jw, Beef  
Yield: 9 servings

1 3 lb large beef tongue  
1 Onion, quartered  
1 Carrot, sliced  
3 Ribs of leafy celery  
6 Sprigs of parsley  
2 Bay leaves  
10 Peppercorns, cracked  
1 Dried chile, optional

All are tasty. They can be purchased fresh, smoked and pickled. The most desired, in order of preference, are: calf, lamb, beef and pork.

To prepare: scrub the tongue well. If it is smoked or pickled you MAY wish to blanch it first, by simmering for about 10 minutes. Immerse the tongue in seasoned boiling water to cover, reduce heat and simmer gently for at least one hour. Up to 3 hours for large beef tongues. Then drain, plunge into cold water to cool the meat enough to handle, skin it, and trim any bones and gristle from the root. Finally return it to the cooking water to re-heat it before serving. Or chill it entirely and serve as a cold-cut. To carve, start by cutting through

the hump parallel to the base, but towards the tip cut an the diagonal for a better looking presentation.

MMMMM---- Recipe

Title: Spiced Beef Tongue

Categories: Offal, Meats

Yield: 6 Servings

3 lb Beef tongue

1 qt Water

1 Lemon; sliced

1 t Salt

Wash tongue thoroughly and place in a deep kettle with water. Add lemon slices and salt. Cover tightly and cook over low heat for 3 to 4 hours or until tender. Remove from heat. When just cool enough to handle, cut away roots and remove skin and any excess connective tissue. (Plunging tongue into cold water after cooking helps loosen skin.) If tongue is to be served cold, it will be juicier if cooled in the liquid in which it was cooked.

SOURCE: Southern Living Magazine, sometime in the 1970s. Typed for you by Nancy Coleman.

## Roast

Infallible Rare Roast Beef (This really works!)

-----  
1 roast beef, with or without bones, ANY SIZE

In the morning, preheat oven to 375F. Put roast in and cook for 1 hour. Turn off heat. Leave roast in oven. Do not open door. Thirty minutes before serving, turn oven back on to 375F. If you need the oven for something else, take it out to "rest" and cover with aluminum foil. Every slice is uniformly pink and gorgeous. The first few times you do this takes courage! From Barbara Blaxter in 3 Rivers Cookbook III

Pot Roast

-----  
2 medium onions, sliced  
3 pound lean beef pot roast, rump roast or chuck shoulder  
3 cups water

Put onions and water into crock pot. Add roast, sprinkle with pepper, cook overnight or until tender. Or cook in a 325F oven in a covered roasting pan

for 2-3 hours.

#### Italian-Style Roast Beef

---

4-pound bottom round roast  
2 large onions, sliced  
3 cloves garlic, chopped  
1 tablespoon garlic powder, plus more to taste  
1 tablespoon oregano, plus more to taste  
2 cups fresh baby carrots

In Dutch oven, sear sides of roast over high heat until well browned. [Brown extensively to seal in the juices. Brown in a few Tbs. of oil in the dutch oven on medium high heat, on all sides.] Remove from pan and set aside. Lower heat to medium and add onion and garlic, cooking about 3 minutes until softened. Season meat with garlic powder and oregano and return to pan. Add one cup cold water to pan. Cover and cook on medium-low heat for about 3 1/2 hours. Add more water as needed to create a rich au jus. After the second hour, arrange baby carrots around the meat, seasoning with garlic powder and oregano to taste. When meat is tender, remove from meat, carrots and onions from pan. Put meat on a carving board and slice; place carrots in serving bowl with cooked onion.

Serve with fresh green salad. Serves 10 to 12.

From: ?

#### Lemon Pot Roast

---

2 1/2 lb chuck roast  
1 1/2 c water  
1/2 c lemon juice  
1 onion, chopped  
1 t salt  
1 t celery seed  
1 t onion powder  
1/4 t black pepper  
1/4 t marjoram, ground  
1 ea garlic cloves, crushed  
3 slices lemon

Put roast in a shallow pan or marinating container. In a medium bowl, combine remaining ingredients. Pour over roast. Cover, refrigerate at least 4 or up to 24 hours.

Remove roast from marinade, place in a roasting pan. Cover and bake at 325 degrees 1 1/2 to 2 hours, or until tender when pierced with fork.

From: rec.food recipes archives

Adapted by Patti Vincent

### Crock Pot Pot Roast

---

3 1/2 lb chuck roast  
1 lg onion, chopped  
3 lg carrots, peeled and sliced  
16 oz can diced tomatoes, undrained

Brown the roast on top of the stove beforehand, on all sides in a little olive oil.

Place the onion and carrots on the bottom of the crock pot (you'll need at least a 4 quart crock pot for this recipe). Put the meat on top and season to taste with salt and pepper. Pour the tomatoes over all and cook on low for 8 to 10 hours, or on high for 4 to 5 hours.

From: rec.food recipes archives

### New England Chuck Roast

---

3 lb chuck beef roast  
1/4 t salt  
1/4 t pepper  
2 onion -- cut into quarters  
4 carrot -- cut into quarters  
1 celery -- cut into eight chuncks  
1 bay leaf  
5 c water  
1 sm cabbage -- cut into wedges

Sprinkle meat with seasonings. Place onions, carrots, and celery in crockpot. Top with meat. Add bay leaf, and water. Cover pot and cook on low 5-7 hours or until meat is tender. Remove meat, turn on high. Add cabbage wedges, cover and cook on high 15-20 minutes or until cabbage is done.

From: rec.food recipes archives

Adapted by Patti Vincent

### Brisket

---

I use a heavy duty covered calphalon pot. Season with kosher salt and pepper and garlic and some chili powder, the sear and sear both sides with a super heating of the pot on the stovetop. Add water to half way up the brisket [with the fatty side down] and be careful of the eruption of steam this will release. Cover solidly and place in the oven @ 350 for 2 full hours, if you can stand to wait. After removing from the oven allow it to rest for 15 minutes then slice one way or the other depending on your preference for slices or nice stringy pieces. The liquids shouldn't be wasted.

## Steak

### Swiss Steak

-----

1 inch slice of swiss steak or top round  
1 can V-8 juice  
1-2 Tbsp. honey  
pepper to taste

Brown steak in hot skillet on both sides in olive oil. Remove steak from skillet and add 1 can of V-8 juice, honey & pepper. Heat until hot and the steak leavings are mixed into sauce. Place the steak in a dutch oven with lid. Pour on sauce, cover and place in oven at 375 F. Bake for 3 hours and then uncover. Bake another hour or until sauce is cooked down and thick. Meat should be fork tender. The sauce is wonderful over sauteed zucchini, summer squash, and onions.

From Binnie

### Chuck Steak Pizzaiola

-----

1 beef chuck steak, cut 1 inch thick, 1 1/2 to 2 pounds  
1 small onion, chopped  
1 14 oz can Italian peeled tomatoes, drained and chopped  
1 Tbsp chopped fresh oregano or 1 tsp dried  
2 garlic cloves, chopped  
pinch of hot pepper flakes  
2 Tbsp olive oil

Preheat oven to 350F. Place steak in a shallow glass baking dish with plenty of space around the meat. In a bowl, combine all other ingredients. Spread over top of steak. Bake steak uncovered 45 minutes to 1 hour, or until tender. Slice steak and serve with sauce from pan.

From 365 Easy Italian Recipes by Rick Marzullo O'Connell

### Steak Pizzaiola alla Rick

-----

4 beef strip steaks, cut 1/2 inch thick, 6-8 oz. each  
3 Tbsp olive oil  
1/4 tsp pepper  
1 small onion, chopped  
2 garlic cloves, chopped  
2 tsp chopped fresh oregano or 1/2 tsp dried  
pinch of hot pepper flakes

1 14 oz can Italian peeled tomatoes, drained and chopped

[You can combine everything several hours ahead of time and heat just before serving. This is best on the barbecue, with grilled veggies.] Pound steaks between 2 pieces of wax paper or plastic wrap until flattened to 1/4 inch thickness. Brush with 1 Tbsp oil. Season with pepper In a nonreactive medium saucepan, heat the remaining 2 Tbsp oil over medium heat. Add onion and cook 2-3 minutes, or until softened. Add tomatoes, oregano, garlic, and hot pepper flakes. Bring to a boil, reduce heat to low, and cook 7-8 minutes to blend flavors. Cover and keep warm. Light a hot fire in grill, or preheat broiler. Grill or broil steaks 3 inches from heat for 2 minutes. Turn and cook 1-2 minutes ore, be careful not to overcook. Serve with sauce spooned over the meat.

From 365 Easy Italian Recipes by Rick Marzullo O'Connell

#### Pepper Steak

-----

1 pound round steak cut 1/2 inch thick

2 Tbsp. olive oil

1 medium onion, sliced

1 medium green pepper, sliced

dash garlic salt

1/4 cup water

2 cups shredded carrots (about 4 medium carrots)

Cut meat in half lengthwise with a sharp knife, then crosswise into thin slices. Brown meat in hot oil, then add onion and pepper; cook 1 to 2 minutes. Stir in water, and sprinkle on garlic salt, and cook about 5 minutes, stirring constantly. Serve on a bed of shredded carrots.

From Pam at <http://www.ilovejesus.com/lot/locarb/>

#### MMMM---- Recipe

Title: Peppered Beef Tenderloin

Categories: Meats, Poultry

Yield: 10 servings

1 Tbsp Pepper; coarsely ground

1 1/2 tsp Fennel seeds; crushed

1/2 tsp Red pepper; ground

1/8 tsp Nutmeg; ground

1/8 tsp Mustard; dry

1/8 tsp Garlic powder

1/8 tsp Onion powder

5 lb Beef tenderloin

Cooking spray

Combine spices in a small bowl; set aside. Trim fat from tenderloin; rub

with pepper mixture. Place tenderloin on a rack coated with cooking spray; place rack on a broiler pan. Insert meat thermometer into thickest portion of meat. Bake at 375\* for 50 minutes or until thermometer registers 140\* (rare). Place tenderloin on serving platter; cover and let stand 10 minutes. Cut into thin slices. Yield: 10 servings.

Sandy Kapoor, In Health

From: the recipe collection of Fred Towner

MMMM

Yum Num Tok--Thai beef salad

I ate out at a Thai restaurant the other day, and tried their version of. Here's my best guess at what was in it:

Sirloin steak, grilled and sliced about 1/4" thick

Chopped red onions (you can saute these if you don't like raw onions)

Cilantro, chopped

Scallions, chopped

Hot oil

2 or so dried hot peppers, crushed

2 T. lime juice

Grill the steak. Let cool; slice.

Chop onions and saute if desired. Let cool. Add to steak.

Chop cilantro, scallions.

Crush hot peppers; add to hot oil. Add lime juice.

Mix everything together and serve over a bed of lettuce.

The Thai style beef and onion salad I had at another restaurant had crushed nuts (probably peanuts) sprinkled on top, but I think slivered almonds, lightly toasted, would be just as good.

From Mara

Grilled Steak with Provincial Herbs

4 - Natural Gourmet Steaks

1 tbsp Olive oil

2 Garlic cloves, minced

2 tsp minced fresh rosemary or 1 tsp dried, crumbled

2 tsp minced fresh thyme or 1 tsp dried, crumbled

2 tsp minced fresh basil or 1 tsp dried, crumbled

Fresh ground pepper

Place steaks in shallow dish. Rub both sides with oil, garlic and herbs. Add pepper. Let stand 1 hour.

Prepare barbecue (high heat) or preheat broiler. Cook steaks 2 inches from heat source to desired doneness, 4 minutes per side for rare.

From: The Madonna Inn in San Luis Obispo.

## **Stew**

### **Basque Tongue Stew**

-----  
1 3-1/2 pound fresh beef tongue  
2 carrots, chopped  
1/2 bunch parsley  
2 bay leaves  
10 black peppercorns  
1 medium yellow onion, peeled and quartered  
1 recipe Basque Tomato Sauce (see Vegetable recipe section for this one)

In a 6 quart pot, place tongue, onion, carrots, parsley, bay leaves, and peppercorns. Add just enough water to cover. Simmer, covered for 2 1/2 hours. Remove tongue, cool, peel, and slice 1/4 inch thick crosswise. Add to prepared sauce. Simmer, covered, for 1 hour. Then uncover the pot, and simmer gently 1 1/2 hours, stirring occasionally.

From The Frugal Gourmet Jeff Smith

### **Patti's Stew**

-----  
1 pound stew meat  
1 onion sliced  
2 celery stocks - sliced in chunks  
13 baby carrots - cut in half  
1 14oz can spinach - very well drained  
1/8 t pepper  
1 T parsley  
1/8 t coriander  
1/4 t garlic  
1/8 t ground marjoram

Brown meat in 1 to 2 T bacon grease. Combine all ingredients in crock pot  
Add enough water to just cover contents. Simmer until done. Should make  
about 4 servings easy. (It's the spinach that makes this stew so unique and  
also thickens it)

From Patti

## Other

### Curry Hot Pot

-----  
1 1/2 lbs boned chuck  
2 tbsp olive oil  
2 med. onions, sliced  
1 apple, peeled and cubed  
1 tbsp curry powder  
2 tomatoes, chopped  
1/4 cup raisins  
2 cups beef broth  
1/4 tsp pepper  
1 tbsp honey

Cut chuck lengthwise into 1 1/2 inch strips and crosswise into thin slices. Brown in hot oil. Add onions, apple and curry, and sauté. Stir in the tomatoes, raisins, beef broth, pepper, and honey. Bring to a boil. Simmer, covered, for 40 minutes, or until the meat is tender.

Adapted from "Three Rivers Cookbook II"

### Shish Kebobs

-----  
2 pounds cubed beef  
1 pound mushrooms  
1 cup cherry tomatoes  
1 cup baby onions  
2 green peppers, quartered  
1/2 cup olive oil  
1 clove garlic  
1/4 cup lemon or lime juice  
1/2 tsp Dales Steak Sauce  
1/2 tsp. basil

Marinate beef in oil, juice, steak sauce, garlic, basil, and pepper to taste for about 4 hours. Place on skewer alternating with mushrooms, onions, green peppers, and tomatoes. Roast or grill basting with marinade. From Pam at <http://www.ilovejesus.com/lot/locarb/>

### Fajitas

-----  
You could eat fajitas, with lots of peppers, onions, and tomatoes. I know you can't put sour cream on that, but you sure can have guacamole! No, fajitas are meat -- beef is most common, but I've seen chicken, shrimp, or mixed -- cooked with onions, peppers, and tomatoes on a hot iron skillet. Brought to the table on said skillet, if you're at a good mexican restaurant. Served with tortillas, but nobody's gonna make you

eat 'em! I'm Atkins/PP, so I just pile guac, pico de gallo, and sour cream on top, and eat with a fork. Leave off the sour cream, and you've got a paleo feast!

I approximate fajitas at home by cooking the mentioned ingredients in my iron frying pan, seasoning with cumin, lime juice, and -- heck, I use a touch of soy sauce, which ain't on Neanderthin, but it's clearly not authentically Mexican, either. Bet if you looked at a Mexican cookbook, you'd find a good recipe.

From Dana

Title: Thai Beef with Coconut Milk

Categories: Beef

Yield: 4 Serves

2 tb Peanut Oil

2 ts Garlic, crushed

1 lg Onion, cut in wedges

500 g Rump or Round Steak, cut  
-into thin strips

2 Sticks Celery, sliced

1 Red Capsicum, cut into  
-strips

150 g Broccoli, cut into florets

1 c Coconut Milk

1/2 c Beef Stock  
Black Pepper to taste

2 pk Beef Flavoured 2 Minute  
-Noodles, cooked

1) Heat wok over a moderate heat. Add oil, garlic & onion. Cook for 1 minute. Add half the beef to the wok, cook for 2-3 minutes. Remove & set aside. Reheat wok & cook remaining beef, adding oil if needed, then set aside.

2) Add celery, capsicum & broccoli to the wok. Stir-fry for 3 minutes. At this stage you can add 1/4 cup Thai-style red curry paste or other seasonings to make a spicier dish.

3) Return ingredients to wok with coconut milk, beef stock & black pepper. Toss until heated through. Serve with noodles. Serves 4.

Source: That's Life magazine November 9 1996

From: Henning Sponbiel in rec.food.cooking

## **PaleoFood Recipe Collection Contents**

## Meat: Beef, Ground

Hans' Meatballs

-----  
Usually you fill in some bread crumbs in meatballs, but that's not for us.  
So I used some fine grated carrot instead:

0.5 kilo ground meat (I have used both elk and beef)  
1 ordinary sized carrot (not too big)  
1 small onion (fresh ones including green stalk is best)  
1 egg  
spices as you wish

Grate the carrot fine, chop the onion in a food processor (blender)  
and then pour in the other things. Mix. Make balls (the mix is quite  
wet and loose, so this is smeary). Fry. Eat & enjoy!

From Hans

Just Plain Chili

-----  
2 pounds of lean ground beef  
1 bell pepper  
6 cloves garlic  
2 Tbsp olive oil  
fresh ground pepper to taste  
3 Tbsp cumin, or to taste  
1 1/2 Tbsp chili powder, or to taste  
1 can tomatoes (28-32 oz)

Light coals in grill. While coals are setting, 30-45 minutes, form ground  
beef into large patties. Clean, deseed, and chop the pepper. Mince garlic.  
In a large deep-shouldered skillet, heat olive oil, milling in fresh pepper  
to taste. Add bell pepper and sauté 5-7 minutes. Turn heat off and stir in  
minced garlic. Grill patties over coals until medium rare, no more than 5  
minutes on each side. Turn heat on high under skillet and place patties in  
skillet with garlic, oil, and pepper mixture. Break up patties into small  
pieces with spatula and brown meat thoroughly. Add tomatoes. Mash and break  
up tomatoes with spatula, and mix in thoroughly. Add enough water to cover  
all ingredients, reduce heat to low, and let simmer 2 hours or more.

From Jack's Skillet by Jack Butler.

Paleo-Chili

-----  
2 lbs ground buffalo  
1 cup chopped onion  
3 cloves chopped garlic

2-4 Tbs fat (I use pork fat)

2 cups canned chopped tomatoes (I use organic such as Muir Glen)

4 Tbs chile powder

1 teaspoon dry oregano

1 teaspoon ground cumin

1 teaspoon salt

1 cup water

Brown ground buffalo with chopped onion and chopped garlic, in fat. Then add chopped tomatoes, chile powder, oregano, cumin, and salt. Add water, then simmer the mixture for at least two hours, until the meat is very tender and the tomatoes pretty much cook into the sauce. Four hours is not too much, but check to make sure it does not go dry.

The better the chile powder you use, the more sensational the stew.

Native Seeds/SEARCH has the best chile powders I've ever tasted.

They sell them by mail order.

From: Lynnet Bannion on the PaleoFood list

#### Paleo-Chili

-----

Brown 2 lbs of ground beef in a wide skillet (keep poking at it with a spatula to help separate it) I use 85% lean beef (its cheaper) after the meat is done, or at least no longer pink, pour out the grease. Since I use an iron skillet I can make use of the built-in spout. I hold the meat in the skillet with my bacon press

Pour grape juice or red wine in (probably 1 cup) when I pour it in, the level of liquid only reaches about half the height of the meat.

Sprinkle Ground Red pepper on the top. I usually cover the whole surface- I like it hot

Sprinkle dried onion bits all over the top too. Fresh will work, but I use dried so I won't have to chop it up. They will re-constitute in the moisture anyway.

Let it cook down a bit, but don't let the juice or wine caramelize and burn.

Pour in a medium size jar of tomato sauce. I think it's 24oz. I use '8-ingredient mushroom tomato sauce' from Whole Foods. If you smell it, you'd swear it was homemade. This is good since you don't have to actually make it yourself.

Stir it up- medium heat is ok. If you don't want to mess with it, put it on low for 45 min. Regardless, Let it cook down UNCOVERED until it is think enough to eat with a fork.

From: Ryan Hughes on the PaleoFood list

Burgers: Ground beef (chuck), ground pork, and ground turkey

-----  
Mix with 1 egg, granulated garlic, any other spices you want and lots of

Ray's Barbeque sauce. Form into burgers and cook in the Foreman grill if you have it and fry or bake if you don't. Top with mayo, bbq, guacamole, onion... whatever. I thought just plain was great. It was the combination of the three meats and the bbq sauce that made them so special.

From Beverle Sweitzer

#### Steak Tartare or Cannibal Canapés

-----  
4 pounds fresh ground round steak  
2 cups finely chopped onions  
1 cup finely chopped parsley  
3 oz. jar of capers  
pepper to taste

Mix ingredients together, pack into a bowl. Cover and let stand in refrigerator for 1 hour before serving. Turn upside down on a platter to serve.

From Mrs. Edward D. French in Seasoned in Sewickley

#### Tartare with Ground Beef

-----  
Approximately:

1/4 lb ground beef  
some crushed garlic to taste  
1 raw egg,  
capers if you dare,  
Sea salt (optional)  
anchovies, if you really dare  
diced sweet onions (Vidalia if you can get them) or red onions

Then smoosh it all together - it helps to mix everything but the meat together and add the meat in small clumps. You can eat it plain or with romaine lettuce leaves. Roll it up and have a "burrito"!

From: Louise Anderson on the PaleoFood list

#### Casual Joe

-----  
Brown and crumble some ground beef with chopped onions and garlic (about an onion to a pound or a bit more of beef.) Pour off the excess grease, stir in a package of chopped spinach, cooked and well drained. Then stir in 3 or 4 beaten eggs, and stir until eggs are set. I don't even like spinach and I love this dish!

From Dana

## Sloppy Joes

-----

There is a chili recipe in Neanderthin. When I make it, I pile it on top of lettuce and make kind of a taco salad type thing. You can add what ever else you want on top of that, onions, tomatoes etc etc.

## Sloppy Joes

-----

Sauté until tender:

2 tbs. olive oil  
1 medium onion, chopped  
1 medium green pepper, chopped  
2 cloves garlic, minced

Add to the pan:

1 lb. ground beef, crumbled

Continue cooking and stirring until the beef starts to brown. Then stir in:

2 cups of your favorite tomato sauce  
1 Tbs. chili powder  
1/2 tsp. cumin powder

## Paleo Meat Loaf

-----

Using your favorite meatloaf recipe, substitute the bread or oats for cabbage. I mix all my spices, egg, onion etc into the meat first. Then chop up the cabbage (about a half head) and mix that into the meat mixture, then bake. It's good with Ray's BBQ sauce mixed in it too.

From Patty

## Red Suit Chili

-----

-6 lbs ground meat browned and drained  
-16 oz can tomato sauce  
-12 oz V8 juice  
-3 TBL Chili Powder (Kathleens called for 1/2 cup for 3 lbs, so spice to your own taste - me? I'm chicken, 3 TBL was enough, might go to 4)  
-at least 1/2 - 1 tsp of the following, but I just dumped into the mix: dried chopped onion, garlic powder, oregano (didn't have any, used basil), paprika, cumin  
-enough water to make it juicy (matter of preference)

Simmer together for at least 1/2 hour (the longer the better). Serve with

salsa and or guacamole.

From Elsa

### Indian Stuffed Peppers

---

2 red and 2 green peppers (large)

5 Tbsp olive oil

1 onion, finely chopped

2 tsp ground coriander

1 tsp ground cumin

1/2 tsp cayenne pepper (or to taste)

12 oz ground beef

1 can (400 gr) tomatoes, keep the liquid

salt

Heat 3 Tbsp of oil in a frying pan, fry the onion until golden. Add spices and cook 2 minutes. Add the ground beef and cook well. Add the salt and cook a minute.

Cut the top of each pepper, remove the seeds and the ribs inside. Fill them with the beef mixture.

Select a large sauce pan, big enough to fit the four peppers standing up. Put the last 2 Tbsp of oil in the pot, fit the peppers, add the tomatoes around and pour the tomato juice into each pepper.

Cover the pot, bring to boil and simmer for 40 minutes.

From: demers@ere.umontreal.ca (Demers Serge)

### LC stuffed peppers

---

I know this is an oxymoron because peppers are sort of high carb, but everything else in them isn't! I made this up and we ate them and we all loved them! You could use this filling for stuffed cabbage too, the cauliflower and mushrooms replace the rice normally used. (For those that enjoy stuffed grape leaves, you can make those too!)

2-4 medium red, green, or yellow peppers cut in half

1 lb ground beef

1 cup whole mushrooms

1 cup cauliflower

1 clove fresh garlic

1/4 yellow onion

1 large can chopped whole peeled tomatoes

2-3 cups beef broth

In skillet, brown ground beef. While that is cooking, microwave cauliflower until it breaks up easily. Chop onion, garlic, set aside. Process cauliflower and mushrooms in food processor, set aside. Drain ground beef when it is cooked thoroughly, add onion/garlic mixture and the seasonings and brown them a little with the meat. Add the cauliflower/mushroom mixture, simmer a few minutes on low. Place peppers in microwave and zap for 10 to 15 minutes to partially cook. In large baking pan, place peppers and fill with meat mixture. Mix broth with remaining peeled/diced tomatoes, pour over peppers. Cover and bake for about an hour on 375 degrees. Serve hot with salad on the side and a cool glass of water.  
From: <http://lark.cc.ukans.edu/~lash/recipes/>  
Adpated by Patti Vincent

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## **PaleoFood Recipe Collection Contents**

## Meat: Veal

### Osso Buco / Roasted Veal Shanks

-----  
6 pieces veal shanks, each about 2 1/2 inches long  
3 Tbsp olive oil  
2 Tbsp lemon juice  
1/4 tsp pepper  
1 onion, cut up  
3-5 Tbsp hot water

Place veal in single layer in heavy roasting pan. Sprinkle with oil, lemon juice, and pepper. Arrange onion on top. Cover and cook in 350F oven for 1 1/2 hours or until tender. Uncover and brown for 30 minutes longer, adding water to increase natural juices, if necessary. This recipe can be used with a veal roast. Substitute shoulder or rump roast for the shanks and proceed as above.

From Kathie Bernstein in The Great Tomato Patch Cookbook

### Veal, Carrot and Chestnut Ragout

-----  
Chestnuts are harvested in the area around Alba and figure in many savory and sweet dishes there, particularly stews like this ragout. Gathered after they have fallen, chestnuts are traditionally served with game, but they also pair well with veal-another staple of northern Italian cuisine. If fresh chestnuts are unavailable, roasted vacuum-packed chestnuts-sold in jars in the specialty foods section of many supermarkets-can be used. Supply crusty bread for soaking up the juices. Accompany with a radicchio and escarole salad, and uncork a Barolo.

18 fresh chestnuts--If fresh chestnuts are unavailable, roasted vacuum-packed chestnuts-sold in jars in the specialty foods section of many supermarkets-can be used.

2 1/2 pounds veal stew meat, cut into 2x1-inch pieces  
4 tablespoons olive oil

1 1/2 cups chopped onion  
1 1/2 tablespoons chopped garlic  
1 bay leaf  
2 1/2 cups canned low-salt chicken broth  
3/4 cup dry white wine

6 medium carrots, peeled, cut into 1-inch pieces  
3 tablespoons chopped fresh sage

Preheat oven to 400 deg. F. Using small sharp knife, cut an X in each chestnut. Place in roasting pan. Bake until tender and shells loosen, about 35 minutes. Cool slightly. Remove hard shell and papery brown skin from each nut. Set nuts aside.

Pat veal pieces dry with paper towels. Sprinkle with pepper. Heat 2 tablespoons oil in heavy large pot over medium-high heat. Working in batches, add veal to pot and cook until brown on all sides, about 10 minutes. Using slotted spoon, transfer veal to large bowl.

Heat 2 tablespoons oil in same pot. Add onion, garlic and bay leaf. Reduce heat to medium; cover and cook until onion is tender, stirring occasionally, about 5 minutes. Stir in broth and wine. Add veal and any accumulated juices from bowl. Bring to boil. Reduce heat. Cover; simmer 45 minutes, stirring occasionally.

Add carrots to stew. Cover and cook until carrots are almost tender, about 25 minutes. Uncover and cook until meat is very tender and liquid is reduced to thin sauce consistency, about 25 minutes longer. Stir in nuts and sage. Simmer until nuts are heated through, about 3 minutes. Discard bay leaf. Transfer ragout to bowl. Serves 6.

Bon Appetit, October 1997

From the Epicurious Food database of over 7,600 other recipes from Gourmet and Bon Appetit magazines, visit the Recipe File

#### Italian Veal Chops

---

8 veal chops  
pepper to taste  
oregano  
chopped parsley  
2 garlic cloves, minced  
1 can (1 lb. 12 oz) tomatoes

In skillet, brown chops. Season with pepper. Sprinkle with oregano and parsley. Add garlic and tomatoes. Cover and simmer until tender, about 2 hours.

From Vivian Kelly in The Great Tomato Patch Cookbook

#### Veal Roast (Arrosto)

---

2 garlic cloves, minced  
3 Tbsp olive oil  
1/4 tsp pepper  
1 tsp dried sage leaves  
1 Tbsp dried rosemary (if you have fresh, tuck branches and leaves under

the string ties)

1 boneless veal shoulder roast, 2 1/2 to 3 pounds, trimmed of fat, rolled and tied

3 cups Chicken stock or broth [note: original recipe called for 2 cups stock plus 1 cup dry white wine]

Preheat oven to 350F. In small bowl mix sage, rosemary, garlic, oil, and pepper. Rub surface of veal with this seasoned oil. Place roast in a large roaster pan with a lid. Pour 2 cups stock around veal. Roast partially covered for 1 hour, turning 2 or 3 times, until barely tender. Uncover and roast until lightly browned, about 15 minutes longer. Remove meat from pan, and tent with foil to keep warm. Put pan juices in a pan over medium heat, and bring juices to a boil, scraping up brown bits from bottom of pan. Add remaining stock to pan. Season with additional pepper to taste. Slice veal roast and serve with pan juices.

From 365 Easy Italian Recipes by Rick Marzullo O'Connell

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## PaleoFood Recipe Collection Contents

# **Meat: Lamb ([Stove Top](#), [Oven](#), [Broiler](#), [Crock Pot](#), [Stews](#), and [Curries](#))**

## **Stove Top**

### Armenian Lamb Shanks

-----  
8 ripe tomatoes, chopped  
1 tsp crushed dried oregano  
1/2 tsp fresh ground black pepper  
1/2 tsp ground allspice  
1/4 tsp nutmeg  
4 1/2 pounds lamb shanks, sawed in 2 inch pieces  
2 medium yellow onions, peeled and sliced

Trim shanks of excess fat, and place in an 8 quart stove-top casserole. Add the remaining ingredients. Bring to a boil and simmer, covered, until the lamb is tender, about 1 1/2 hours. Partially uncover pot for the last 1/2 hour. Garnish with finely chopped yellow onion mixed with parsley.

From: The Frugal Gourmet Jeff Smith

### Lamb with Sweet Red Peppers

-----  
3 pounds boneless leg of lamb, cut into 1 1/2 inch pieces  
1/2 tsp pepper  
3 Tbsp olive oil  
2 garlic cloves, chopped  
2 cups hot water  
3 Tbsp chopped fresh parsley  
2 large red bell peppers, cut into 1 1/2 to 2 inch pieces

Season lamb with 1/4 tsp pepper. In a large frying pan or flameproof casserole, heat oil over high heat. Add lamb and cook, turning frequently, 3-5 minutes, or until browned on all sides. Add garlic, water and remaining 1/4 tsp pepper. Bring to a boil, reduce heat to medium, and cook partially covered 30 minutes. Uncover and cook 10 minutes longer, or until lamb is fork tender. Add parsley and red peppers to pan. Cook 10 minutes, or until peppers are just tender.

From: 365 Easy Italian Recipes by Rick Marzullo O'Connell

### Thai-Style Lamb Curry

-----  
1 T. Olive oil  
2-3 T. Thai red curry paste (FYI - dish is very hot w/3 T, also I use Thai Kitchen brand curry paste which has no funky ingredients)  
2 -1/2 c. canned coconut milk

2 -1/2 pounds ground lamb (or lamb cut 1" cubes)

salt & pepper to taste

Garnish: 1/2-3/4 c. chopped cilantro

Warm oil over LOW heat, add curry paste, stir & cook for about 5 minutes then add coconut milk. Cook & stir for another 3 minutes. Add the lamb, bring to a boil, and lower the heat to a gentle simmer. Cook covered for 1 to 1-1/2 hours for ground lamb or 1-1/2 to 2 hrs for cubes, stirring from time to time. The meat should be soft; if not continue cooking until it is. Raise the heat and cook uncovered another 10 minutes or until the sauce is thick (becomes gravy-like). Taste for seasoning (adjust with salt & pepper) and serve garnished with cilantro (I actually stir it in after taking pan off heat). Six servings. Adapted from Fran McCullough's The Low-Carb Cookbook for Thai-Style Beef Curry

Note: A friend tried this recipe substituting Thai roasted red chili paste and basil for the curry paste and cilantro respectively and it came out much milder but still quite good.

From: Becky Coleman on the PaleoFood list

## Oven

Rolled Lamb with Garlic

-----  
16 garlic cloves, unpeeled

2 Tbsp chopped fresh parsley

2 tsp fresh oregano or 3/4 tsp dried

1 leg of lamb, boned, 3 1/2 to 4 pounds

3/4 tsp pepper

1 1/2 Tbsp olive oil

Preheat oven to 350F. Bake unpeeled garlic in a small baking pan covered with foil for 15 minutes. Peel garlic. Increase oven temperature to 475F. Set lamb on work surface, boned side up. Scatter whole garlic cloves, parsley, and oregano over lamb. Season with 1/4 tsp pepper. Roll up roast and tie at 2-inch intervals. Rub lamb with olive oil. Season with remaining pepper. Place lamb in an open roasting pan. Roast lamb at 475 for 15 minutes. Reduce oven temperature to 350 F. and cook 1hour 15 minutes longer, or until lamb is medium-rare. Serve with pan juices.

From: 365 Easy Italian Recipes by Rick Marzullo O'Connell

Roast Lamb with Herbs

-----  
1 garlic clove, minced

1 tsp pepper

1 crushed bay leaf  
1/2 tsp ginger  
1/2 tsp marjoram  
1/2 tsp thyme  
1/2 tsp sage  
1 Tbsp oil  
1 leg of lamb

Mix garlic, seasonings, herbs and oil together. Rub on the roast. Place lamb on rack in roasting pan. Cook, uncovered, at 300F for approximately 30 minutes per pound.

From: Mrs. Albert N. Zeller, in Seasoned in Sewickley

#### Roast Leg of Lamb

---

The best way I have found to cook it is to roast a leg in the oven covered for 2 hrs. at 300F. This does not over cook it and it is delicious. Then I drain off the juice into a jar and refrigerate it. The left over lamb I also put in the fridge and when I want to eat it again I slice some off, put in some of the now jellied juice, and maybe a little piece of the, beautiful white, hard fat that covers the jelly into a frying pan, season it with a little herbamare and all-purpose herbs and just warm it up, then I pour the delicious juice over my steamed collards or kale and eat a most yummy dish.

The chops are very good too. I lightly cook them in a frying pan, just enough to kill any bacteria on the out side. I like all meat as raw as I can dare to eat it. It just tastes better!

From: Rainah on the PaleoFood list

#### Lamb Chops Stuffed with Chicken Livers

---

6 chicken livers, chopped  
1/2 lb. mushrooms, chopped  
5 tbsp olive oil  
pepper  
1 tbsp parsley, finely chopped  
6 double rib lamb chops

Sauté the livers and mushrooms in 2 tbsp olive oil, do not let them brown. Season with pepper. Add parsley. Trim fat from chops and slit them to make pockets. Stuff with liver mixture. Heat the remaining oil in heavy casserole, add chops and sear them over high heat in both sides. Cover casserole and bake at 350F for 25 minutes or until tender. You can skewer chops to close pockets and broil on both sides until cooked. Put chops on a platter, and pour pan juice over them, and serve.

From: Anna Rae Kitay in "Three Rivers Cookbook II"

## Kifta

-----

2 pounds finely ground lamb meat  
1 large onion, finely chopped  
1 1/2 tsp. pepper and allspice  
1 cup parsley, finely chopped  
1/2 cup lemon juice

Mix all ingredients except parsley and lemon juice thoroughly, use a meat grinder if you have one.

To barbecue: Take portions of meat and mold on skewers, making sure it is held firmly

To broil: Take portions of meat and mold into rolls, lengthwise, 3 inches long. Place on a broiling pan and broil in a preheated oven at 500F. When brown on one side, broil for a few minutes on the other side.

Serve hot, sprinkle with lemon juice and garnish with parsley.

From: Eat Right for your Type by Peter D'Adamo

## Broiler

### Broiled Lamb Chops

-----

8 lamb chops  
pepper  
2 tsp basil leaves  
2 tsp marjoram leaves  
2 tsp thyme leaves

Sprinkle chops lightly with pepper. Mix herbs and rub into chops. Stack together, wrap, and chill at least 1 hour. Broil 10 minutes for medium rare, 15 for medium.

From: "Three Rivers Cookbook II"

## Crock Pot

### Crockpot Leg of Lamb

-----

Take a half-leg of lamb (small enough to fit into your crockpot) and a garlic bulb. Peel and thickly sliver 8-12 cloves of garlic (I used a whole bulb). Use a sharp paring knife to make slits about an inch or so apart all over the leg of lamb and stuff garlic slivers into the slits,

then put the lamb into the crockpot with a little water (maybe 1/3 c.). You could sear the lamb in a pan first to brown it, but since I was starting this very late at night I didn't bother and it was fine. Cook 5-6 hours on auto-shift for fairly well-done lamb. Remove from crockpot, carve and serve. Save broth, bones and leftovers for another dish (see following recipe). I suppose you could also add chunks of carrots, etc to cook with the leg of lamb. My father studs lamb with garlic the same way before grilling on his Weber grill, and it's really fantastic.

From: jmni@midway.uchicago.edu (Jill M. Nicolaus)

## Stews

### Lamb Stew

-----

All done in a frypan on medium heat

1 tsp sunflower oil in frypan

1 onion cut up

1 cup hot water

One large carrot

Broccoli, or whatever vegetables you are able to eat.

Your favourite seasonings.

While onion is frying lightly, cut up lamb steak in cubes. Take off any fat.

Fry lamb with onion.

1 cup hot water - pour over lamb.

Cover frypan and simmer.

Slice carrots, put in fry pan and simmer 10 minutes.

Put in pieces of broccoli, or whatever vegetables you are able to eat.

Season with your favourite seasonings.

Cook until tender (about 10-15 minutes on low, not simmer, heat).

From <http://www.2x2.co.nz/ms/meat.html>

### Lamb-Asparagus Stew

-----

1 pound fresh asparagus spears

1/2 pound lamb meat, cubed

1 medium onion, chopped

3 tbsp olive oil

1 cup water

pepper and allspice to taste

juice of 1 lemon

Cut asparagus spears in 2 inch lengths, discarding tough portion at bottom. Wash and drain. Sauté meat and onions in oil until light brown. Add water, and spices. Cook until tender. Add asparagus. Simmer or 15 minutes or until tender. Add lemon juice. Serves 2.

Adapted from Eat Right for your Type, by Peter D'Adamo

#### Irish lamb stew -- crockpot recipe

---

1-2 pounds lamb, cut up (or broth, bones and leftovers from above recipe)  
3-4 yellow onions, cut into 1/2" pieces  
6-8 carrots, cut into 1/2" slices  
3-4 cloves garlic, chopped (omit if using garlicky leftovers from above)  
1-2 bay leaves  
1/2-1 t. dried tarragon  
1/2-1 t. ground black pepper

Combine the above ingredients in a crockpot with enough water to barely cover. Cook overnight on low (slower cooking lets the veggies flavor through without getting mushy). Allow to cool in order to easily remove the excess fat, the bones, and the bay leaves. Reheat to serve

From: jmni@midway.uchicago.edu (Jill M. Nicolaus)

#### Welsh Lamb Caul

---

Caul is a rich meat soup/stew/meal-in-one enjoyed by my fellow Welshmen - so the inclusion of leeks; the Welsh national emblem, is not surprising!: No weights or measures, but meat should be about 1/3 and veg 2/3 of the total volume of solids....

Neck of lamb chopped into chunks

Onions, leeks, carrots, leeks, and leeks!

One hard conference pear - whole (trust me).

Salt and pepper to taste

Fry and brown the lamb in a large, heavy stew pot

Remove excess fat and add water to cover the meat

Bring to the boil and simmer for 2 hours or until the meat is tender

Add all the veg and the pear, top up the water to almost cover the veg

Return to the boil and simmer for 30 mins

From: Peter Thomas in rec.food.recipes

## Curried

### Lamb Kebabs

-----  
1 dried bay leaf  
1 inch piece ginger root chopped fine  
1 inch cinnamon stick  
1 tsp coriander seeds  
1 tsp fennel seeds  
1 tsp chili powder  
1 tsp garam masala  
1 tsp lemon juice  
1 tsp ground turmeric  
1 tbsps oil  
1.5 lbs lamb neck fillet

Using food processor, grind together first six ingredients (bay leaf through chili powder). Combine with garam masala, lemon juice turmeric and oil in a large bowl. Cut lamb into 1/4 inch slices. Add to spice mix and marinate room temp 1 hour or overnight in fridge. Spread out lamb on cookie sheet and cook in a 400F oven for 20 minutes. Serve with lemon wedges and fresh cilantro.

From Amanda

### Lamb Curry

-----  
3 lbs lamb shoulder, trimmed and cubed  
2 cloves garlic, minced  
4 onions, sliced  
olive oil  
3 tbsps curry powder  
2 lemons, sliced  
4 tbsps raisins  
3 apples, peeled, cored, and chopped

Sauté garlic and onions in oil until onions are golden. Sauté lamb cubes 10 minutes, stirring. Add curry powder and onion/garlic to lamb, simmer 5 minutes. Add remaining ingredients. Pour 3 cups of water over all, and bring to a boil. Reduce heat, cover and simmer mixture 1 hour. Best if made 1 day ahead, chilled and reheated.

From Mrs. Dana M. Friedman in "Three Rivers Cookbook II"

### Hot Lamb Curry

-----  
8 dried red chillis

4 tbsp fat (ghee, coconut oil or lard)  
1 finely chopped onion  
6 cloves garlic chopped  
2 inch piece ginger root finely chopped  
1 tsp cumin seeds freshly ground  
1 tsp coriander seeds freshly ground  
1 tsp fenugreek seeds freshly ground  
1 tsp garam masala  
14 oz can tomatoes  
2 tbsp tomato paste  
1.5 lb boneless lamb cut into 2 inch cubes

Chop 4 chillis. Leave the other 4 whole. Heat half the fat in pan, add garlic ginger and onion. Stir over medium heat until golden. Stir in spices. Cook over medium heat 10 minutes. Stir in tomatoes, paste and chillis. Bring to a gentle boil. Cook over low heat 10 minutes. Meanwhile heat remaining fat in ovenproof pan and cook meat until evenly sealed. Transfer sauce to meat pan, cover and cook in a 350F oven for 1 1/2 hours until tender.

From Amanda

#### Lamb Curry with Coconut Cream

---

This is best made at least a day ahead; keep, covered, in refrigerator, or you may freeze it

1 1/2 kg boned leg of lamb  
2 onions, sliced  
1 cup coconut milk  
1/2 tsp ground cardamom  
1/2 tsp ground cumin  
2 onion, chopped, extra  
2 cloves garlic, crushed  
2 small fresh green chilis, chopped  
1 Tbs chopped fresh coriander  
2 tsp grated fresh ginger  
4 Tbs coconut or olive oil  
1/3 cup water  
150g can coconut cream (5 1/4 oz.)

Cut lamb into 2cm cubes. Combine lamb, onions, coconut milk, cardamom and cumin in a large bowl, mix well, let stand for at least 1 hour.

Meanwhile, blend or process extra onions, garlic, chillies, coriander and ginger until combined. Heat oil in a large saucepan, add chilli mixture, stir over medium heat for 3 minutes.

Add a small amount of lamb mixture to pan (do not have more than a single layer of lamb in the pan at one time), stir over high heat until lamb is well browned all over; remove from pan.

Repeat with remaining lamb.

Return all of the lamb to pan, add water, bring to the boil, then reduce heat and simmer, covered, for about 45 minutes, or until the lamb is tender. Stir in coconut cream, heat through without bringing to the boil.

Adapted from: ynnuf@clear.net.nz (Doreen Randal)

#### Lamb Curry

-----

1 lb uncooked lamb, diced

4 Tbs olive oil

1-2 chopped onions

2 Tbs sultanas

2 Tbs coconut

lemon juice

curry powder to taste

1 cup stock

Heat olive oil and lightly fry onions, add diced meat and all dry ingredients. Stir over a low heat until well mixed. Add stock, sultanas and seasoning and cook until the meat is tender.

From: ynnuf@clear.net.nz (Doreen Randal)

#### Indian Curry

-----

1 1/2 kg leg of lamb

2 onions

1 tomato

3 Tbs olive oil

2 1/2 cm piece green ginger

1 tsp paprika

1/4 tsp turmeric

1 tsp garam marsala

pepper

3 cups water

3 cloves garlic

Peel onions and tomato. Cut meat into 2 1/2 cm pieces. Heat oil in saucepan, add one sliced onion, sauté until golden brown. Add meat, brown well. Chop the remaining onion roughly, combine with remaining ingredients, except water, in blender. Blend until reduced to a paste. Add to saucepan, stir over heat 2-3 minutes. Add water. Stir well, cover, reduce heat. Simmer gently 1 hour or until meat is tender.

From: ynnuf@clear.net.nz (Doreen Randal)

## **PaleoFood Recipe Collection Contents**

## **Meat: Pork - (Boiled, Chops, Crock Pot, Fried, Roast, and Stew)**

### **Boiled**

Pork Rillettes

-----  
1 lb pork fillet  
freshly ground black pepper  
pinch cayenne pepper  
1/4 tsp nutmeg  
1/2 lb best lard  
1/4 pint boiling water  
2 bay leaves plus extra for garnish

6 ramekins or small dishes.

Cut pork into 1 inch pieces, place in a bowl and season generously with freshly ground black pepper. Add cayenne and nutmeg and mix well.

Place meat in a heavy based saucepan with the lard and bayleaves. Add water, bring back to the boil then simmer gently for about 45 mins or until the liquid has reduced by almost half.

Remove and toss away bay leaves. Lift out meat with a slotted spoon, strain liquid and keep to one side.

Pass the meat through the finest blade of your mincer or put through food processor. Place the minced meat into a bowl and beat in half of the reserved liquid with a wooden spoon. Correct the seasoning and spoon the mixture into ramekins, smoothing over the tops with back of a spoon. Leave to cool.

If serving the same day, leave in fridge to cool until ready to serve. If serving later pour over the remaining fat and allow to set over the top of the meat mix. They will keep in fridge this way for up to 2 weeks. To serve, remove the top coating of fat, garnish with bay leaf and serve with celery sticks as a scoop or roll a little in a lettuce leaf and eat with fingers.

This is a classic French provincial dish often served as hors d'oeuvres. (serves 6)  
From couchman@bigfoot.com

Pork Belly

-----  
You can slow cook the pork belly with kale or any other greens adding stock

or water as moisture. It takes 20 minutes to an hour or so. Add onions and garlic too.

From: Susan Carmack

### Chitterlings

-----  
10 lb. Chitterlings cut into 2" lengths  
1 garlic clove  
1/2 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. each thyme, clove, mace, allspice  
1 bay leaf  
1/4 c. sliced onions  
3 red peper pods  
2 tbs. apple juice

Wash in cold water, then soak 24 hours refrigerated in cold salted water to cover. Then wash again. Remove excess fat but leave some for flavor. Put in a large pot with enough water to cover:

Bring slowly to a boil. Cover and reduce the heat at once and simmer 3 to 4 hours. Stir occasionally to keep it from sticking.

We were well along in years before we discovered the name of this dish had an actual "ing" suffix on the end. For years we listened to our ancestors call this dish "chittlins"

Adapted from: d008266c@dcfreenet.seflin.lib.fl.us (John Williams)

Adapted by Patti Vincent

## Chops

### Grilled Pork Chops (must do ahead)

-----  
1/4 cup fresh lemon juice  
2 Tbsp olive oil  
3 garlic cloves, minced  
1/4 tsp. ground thyme  
1/4 tsp. dried oregano  
1/4 tsp. black pepper  
6 pork chops, 1 inch thick

In a shallow dish, blend all ingredients, except meat. Add pork chops. Cover and chill 12 hours or overnight, turning meat occasionally. To serve, remove meat from marinade. Grill over hot coals 15-20 minutes per side or until done. Baste chops with marinade during grilling.

From: Gretchen Hansen in \_3 Rivers Cookbook III\_

Pork Chops and Sauerkraut

---

4 to 6 chops  
1 lb. of sauerkraut  
2 grated apples (peeled or unpeeled)  
1/3 cup of Ray's ketchup (from Neanderthin)  
2 Tbsp. honey  
garlic salt & pepper

Brown chops in olive oil. In baking pan mix sauerkraut, grated apples, ketchup, honey, garlic salt and pepper. Lay chops on top of kraut, cover and bake at 350 F. for 1 to 2 hours.

From: Binnie

Santa Fe Chops with Firecracker Salsa

---

6 1-1/2 inch thick boneless pork center loin chops  
1 Tbsp chili powder  
1 Tbsp ground cumin  
1 Tbsp ground black pepper

Mix together seasonings and spread evenly on both surfaces of chops. Place chops on a kettle style grill directly over medium hot coals, lower grill hood and grill for 7-8 minutes; turn chops and grill for 7 minutes more. Serve with Firecracker Salsa on the side.

Firecracker Salsa: In a small bowl, stir together 1 20 oz can drained pineapple tidbits, 1 medium diced cucumber, 1 Tbsp fresh lime juice, 1 Tbsp honey, and 1 jalapeno chile, seeded and minced. Cover and refrigerate 4-24 hours to let flavors blend.

From: Nat'l Pork Products/Nat'l Pork Board

Chuletas de Puerco Criollas (Cuban Pork Chops)

---

8 thin center-cut pork chops, about 4 oz. each  
fresh-ground black pepper  
4 cloves garlic  
1/4 teaspoon ea. oregano & cumin  
1/2 cup sour (Seville) orange juice OR  
1/4 cup sweet orange juice mixed with 1/8 cup ea. lime and lemon juice  
2 large onions, thinly sliced  
1/4 pure olive oil

- 1) Season the chops with pepper. In a mortar, crush the garlic, oregano, and cumin together into a paste. Rub the chops with the garlic paste, place in a non-reactive bowl, pour the orange juice over, and cover with the sliced onions. Cover and refrigerate for 2 to 3 hours.
- 2) Remove the chops from the marinade, pat dry with paper towels, and reserve the marinade. In a large skillet, heat the oil over medium heat until fragrant, then brown the chops on both sides. Add reserved marinade, including the onions, cover, and cook until the chops are tender, about 20 minutes--taken from *Memories of a Cuban Kitchen* by Mary Urrutia Randelman and Joan Schwartz.

A few things about this recipe:

- Cooking with the marinade that the raw meat was in is okay since you'll be cooking it for 20 minutes.
- We browned the chops in the skillet and baked them with the marinade in a baking dish in the oven at 350 d.F. instead.
- Cooking the chops for 20 minutes seemed like a long time to us (we usually pan-fry them for 4 minutes on a side). They actually came out very tender, however.

From: dwprosser

### Apple and Pork Curry

---

2 tb Olive oil  
4 Boneless pork chops; trimmed  
1 Small onion; sliced thin  
1 Clove of garlic; minced  
1 Tart cooking apple  
1 Small sweet red pepper  
1/2 c Chicken stock  
1 ts Arrowroot  
1 ts Curry powder  
1/2 ts Ground cumin  
1/2 ts Cinnamon  
Freshly ground black pepper  
Chopped parsley or coriander

\* The cooking apple should be peeled and sliced, the pepper should be seeded and cut into thin strips. In a heavy frypan, heat oil over medium-high heat. Cook pork chops until browned on both sides and almost cooked through; remove from pan and set aside. Over medium heat, cook the onion, garlic, apple and red pepper strips for 2 minutes or until softened. Blend chicken stock with arrowroot; add to pan along with curry powder, cumin and cinnamon; cook for 1 or 2 minutes until slightly reduced and thickened. Return pork chops to frypan; adjust seasoning with pepper. Cook for 1 or 2 minutes or until heated through. Serve pork chops with sauce and sprinkle with fresh chopped parsley or coriander. Serves 4.

From: The Gazette, 91/02/20.

## Crock Pot

Apple Glazed Pork Roast (crockpot)

-----  
3-4 lb. pork loin roast (well trimmed)

salt and pepper

4-6 apples, cored and quartered (peeled, optional)

1/4 cup apple juice

3 Tbsp. raw honey

1 tsp. ginger

Rub roast with salt and pepper. Brown under broiler to remove excess fat, drain well. Place apple quarters in bottom of crockpot. Place roast on top of apples. Combine rest of ingredients, spoon over roast. Cook on low for 10-12 hours.

Adapted from: Johnson in rec.food.recipes

Pulled Pork Crockpot recipe

-----  
pork shoulder

1 cup water

basil

rosemary

BBQ sauce (use Neanderthin version)

Put the pork shoulder roast in the crockpot overnight on low with 1 cup of water and some basil and rosemary. In the morning turn it off and let it cool down a bit. Remove any skin or bone. Pull the meat apart into small pieces and return it to the crockpot. Dump in BBQ sauce and a little water (1/4 c.) and mix it all together. Put it back on low for a few hours.

Adapted from: Johnson in rec.food.recipes

## Fried

Carne Adobado (Spiced Pork)

-----  
2 cups red chile puree or 12 tablespoons chile powder  
3 pounds fresh, lean pork  
2 teaspoons salt

1 tablespoon oregano  
2 cloves garlic, mashed

Cut pork into strips. Mix other ingredients, add to pork strips, and let stand in cool place for 24 hours. Cut meat into cubes and brown in small amounts of oil. Add chile sauce and simmer one hour or more. To serve, add more fresh chile sauce and cook until tender.

From: <http://www.cookingpost.com/recipe.htm>

Pork Rinds

-----  
Buy an untrimmed leg of pig. Slice off the fat layer as thickly as you can, chop to whatever size and shape you prefer, fry in it's own fat stirring occasionally to keep the bits apart. Drain as well as you can, season to taste.

From: [rec.food.cooking](mailto:rec.food.cooking)

## Roast

Easy BBQ Pork

-----  
3-5 lb boneless pork roast or a Boston Butt with a small amount of bone  
4-5 cloves garlic, minced  
1 medium onion, minced  
salt and pepper to taste

1 bottle of your favorite bbq sauce (use the NeanderThin recipe) Place the roast, garlic, and onion in a crock pot on high. Add the salt and pepper and a little bit of water. Cook on high until you can easily shred the pork roast with a fork. I would cook this in my crock pot (Rival) for about 5 hours. Remove the roast and shred the meat removing as much of the fat as possible and the bone. Strain the grease in the crock pot, keeping any bits of garlic and onion left and throwing out the grease. Place the shredded meat back into the crock pot, along with the bits of garlic and onion. Pour the BBQ sauce over all until the meat is covered. Mix well. Continue cooking the pork in the crock pot for about three hours, on low. Very Good.  
From: [dmferrell@happy.uccs.edu](mailto:dmferrell@happy.uccs.edu)

Butterflied Pork Loin

-----  
one bunch parsley (I use Italian flat leaf)  
4 or so cloves of garlic (this is totally to taste and this dish is from Provence so garlic is abundant)  
several salted anchovy fillets, rinsed

2/3 c. pitted olives (do NOT use those canned things - nicoise would be nice but if you can't get those, picholine or even kalamata)  
several leaves of fresh sage  
1/2 c. apple juice

Roughly chop everything and stuff in the loin. Truss. Place in a baking dish just a bit larger than the roast and pop into a 450 degree oven for 10 minutes. Turn the oven down to 325 and roast for about 1 hour basting with the drippings for the first 30 minutes. Then switch to the apple juice and baste every 4 or 5 for the remaining cooking time.

From: Robin Ringo

Adapted by Patti Vincent

#### Roast Pork and Taro

---

1-1/4 to 1-1/2 pounds taro (2-3 inches long)

1 piece fat-trimmed, boned and tied pork butt or shoulder (2 to 2-1/2 pounds)

1 onion (1/2 lb.), peeled and chopped

2 tablespoons chopped fresh ginger

2 cups fat-skimmed chicken or beef broth

4 cups chopped washed spinach leaves

In a 4 or 5 quart ovenproof pan over high heat, bring 2 quarts water to a boil. Add taro and cook 5 minutes. Drain and let cool. With a knife, peel taro and cut away any bruised or decayed spots. Cut taro into 1 inch chunks. Rinse pan. Rinse pork and set, fatty side up, in pan. Add taro, onion, ginger, and broth. Cover and bake in a 375F oven until meat is very tender when pierced, about 2-1/2 hours. Uncover and stir spinach into juices. Bake until meat is lightly browned, about 30 minutes more. Then broil about 8 inches from heat until meat is richly browned, about 5 minutes longer. Cut strings from pork, slice meat (it tends to tear apart), and serve with taro mixture and juices. Season to taste.

From: Sunset, Nov. 1998

#### Pork Roast & Cabbage

---

2 cups of cooked pork roast, chopped (good for leftovers)

1/2 head of cabbage

2 large onions, chopped

juice of 1 fresh lemon

1/3 cup of tomato juice

pepper and cayenne pepper to taste

Saute cabbage, pork and onions in olive oil. Add lemon juice, tomato juice and seasonings and cook covered until vegetables are tender.

From: Binnie

Adapted by Patti Vincent

### Spicy Pork

-----  
1 lb pork tenderloin cut in half and butterflied

Rub with this mixture:

1 tsp salt (or to taste)  
1/4 tsp garlic powder  
1/4 tsp pepper  
1/4 tsp thyme  
generous pinch of ground allspice

Preheat oven to 350. Put 2 tablespoons olive oil in a roaster pan and brown tenderloin pieces on all sides to seal in juices. Bake about 40 minutes. This is absolutely delicious with applesauce or pureed pears, and also with mashed turnips.

From: Kerry Townley-Smith on the PaleoFood list

## Stew

### Green Chile Stew

-----  
24 green chiles, fresh or canned  
2 Tbsp olive oil  
2 pounds pork loin, cubed  
2 large onions, finely chopped  
3 cloves garlic, minced  
3 cups stewed tomatoes  
1 6-oz can tomato paste  
2 cups water  
1/2 tsp. cumin

If chiles are fresh, parch and peel them. Remove the ribs, seeds and tops. In a large stew pot, heat olive oil. Add pork cubes and lightly brown. Add onions and garlic and brown. Cut chiles into 1" slices and add to pork and onions. Add remaining ingredients and cook about 1 hour until stew is thickened. Adjust seasonings. Can freeze leftovers.

From Mary Jo Hottenstein in 3 Rivers Cookbook III

### Red Chili Stew

-----  
2 pounds pork, cut into small pieces (save some fat)  
5 dried red chiles

1 teaspoon oregano  
1/2 teaspoon garlic powder  
salt to taste

Wash chiles, removing stems and seeds. Place in blender with 1 cup water and blend into paste consistency. Set aside.

Put pork fat into deep skillet until there is enough on the bottom of the skillet to prevent meat from sticking. Discard remaining fat.

Brown pork lightly. Add the chili paste and mix well, adding water if mixture is too thick. Add oregano and garlic. Cover pan and simmer slowly for one hour.

From: <http://www.cookingpost.com/recipe.htm>

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## PaleoFood Recipe Collection Contents

## Bread, Pancakes, Cakes and Muffins, Cookies

### Bread

Batter Bread (a thin soft bread suitable for toppings or sandwiches)

-----  
6 T oil  
1 t raw honey (optional)  
3 eggs  
1 C pecan nut meal  
1/4 C arrowroot

Combine all and pour on to a greased cookie sheet (approximately 12x8x1/2 inch). Bake at 325 for about 15 minutes. Cut in to desired size.

From: Patti Vincent

Mock Walnut Bread

-----  
1 cup walnuts  
1 egg  
sea salt

Chop up the walnuts as fine as possible in a food processor then added one whole egg. The dough will be a bit sticky. Lightly coated a small cast iron pan with side pork grease (not much). Press some of the dough into a flat round and cook it turning once. Salt to taste. If you have ever made tortillas using masa flour, this is kind of the same thing only with paleo ingredients. It could be used for open faced sandwiches.

From: Patti Vincent

Arrowroot Bread

-----  
Combine and set aside  
1/2 cup walnuts or almonds, ground  
1 1/2 cup arrowroot  
1/4 t sea salt

Optional: apple and cinnamon

In another bowl combine

1 egg  
1/8 cup raw honey (optional)  
1/8 cup nutmilk

Add wet ingredients to flour mixture. If too dry add more nutmilk in small

amounts until a smooth dough forms but is not stiff. This can be baked in an oiled bread pan or on an oiled cookie sheet at 350 for 30 minutes. Using olive oil, lightly coat loaf before baking. This recipe can be adapted as an herb bread by adding fresh or dried herbs, onion etc. It can also be adapted as a sweet bread by adding such ingredients as banana, cinnamon etc. The loaf is dense but not bad with fruit.

From: Patti Vincent

## Scones

-----

Using above recipe, flatten dough with hands in about a three inch round. Deep fry in olive oil turning once. The dough will expand so make sure you leave room for this in the pan. Once they start to turn brown you have to watch em close, they cook fast.

The honey is recommend for use when making scones, but not when used for tuna sandwiches (cut one scone down the middle). This one is the best.

From: Patti Vincent

## Dumplings for soup or stew

-----

Using above recipe, drop small rounds of dough in hot soup. Cover and simmer till done. These can also be flavored by adding herb, onion, garlic powder etc.

From: Patti Vincent

## Crackers

-----

Using above recipe, make a small one very thin like a cracker. They're even crispy, so they would work for toppings.

# Pancakes

## Paleo Pancakes

-----

1 egg

1/4 cup of ground almonds

1/4 cup of coconut milk

Cook as regular pancakes in coconut butter or other fat or if you are raw/paleo, drink it or eat as a pudding.

Sometimes I cook this as I would an oven pancake: Preheat oven. Heat the pan (a cast iron frying pan works the best) in a 425F oven until hot, add

some olive oil, coconut butter, or coconut oil to the pan (1 tablespoon) and then add the egg mixture. Cook for 10 minutes. No turning. It won't puff up like the ones made with rice flour instead of almonds, but it tastes good. There are many recipes for Puffed or Oven pancake on a Search, but almonds make it paleo and in my opinion more tasty! It resembles Yorkshire Pudding, but with almonds it doesn't puff up very well. The pancake simply slides out of the pan because of all the grease, so it shouldn't break apart.

From: Susan Carmack

### Blueberry & Walnut Pancakes

---

Per person:

1/2 cup finely ground walnuts (should look like a course flour)  
a little sea salt  
1/2 ??? teaspoon baking powder from the health food store - no aluminum  
1 whole organic egg  
1/2 cup pure water  
1 1/2 teaspoons walnut oil  
Tons of chopped walnuts  
Tons of blueberries

I only make them once a year and vary the ingredients. I make sure the batter is thick enough to support the blueberries and chopped walnuts though because my pancakes don't look much like regular Bisquick pancakes! In mine, I go very heavy on the fruit and nuts with just a little thick batter to support them. As best I can remember, they are made something like this (but it's only a guess!!!):

I cook each pancake in a little walnut oil, flip once and serve with a very small amount of warm, pure maple syrup. Obviously, this is a "once or twice in the fall" type meal. I always serve it with a large amount of sausage, bacon, etc.

From: Kathryn P. Rosenthal

## Cakes and Muffins

### Almond muffins

---

1 cup almond butter  
1 cup sliced raw almonds  
1 cup pure coconut milk  
2 cups shredded unsweetened coconut

3 eggs

Beat and pour in muffin cups. Cook at 400 for 15 minutes.

From Kathleen

Cake Brownies

-----

6 T oil

1/2 C raw honey

2 eggs

1/2 C carob powder

1/2 C pecan nut meal

1/4 C arrowroot

Mix all and pour in to a greased 8x8x2 inch pan. Bake at 350 for about 20 minutes or until a toothpick comes out clean.

From: Patti Vincent

Nut Flour Muffins

-----

1 1/4 cups of nut flour: walnuts, almonds, sunflower seeds, etc.

2 eggs

1 banana

1/8 cup of coconut oil

handful of berries or fruit: blueberries, apple grated, peach...

Put everything except fruit in a food processor and add fruit before pouring into greased muffin tins. Bake @ 350 about 12-15 min.

From: Susan Carmack

Carrot Cake

-----

This is a moist and delicious carrot cake with a hint of orange. Very much like a 'real cake'.

6 eggs, separated

1/2 cup honey (or less)

1 1/2 cups carrots, cooked and pureed

1 Tlbs grated orange rind

1 Tlbs frozen orange juice

3 cups almond flour

Preheat over to 325° F.

Beat the egg yolks and honey together. Mix in carrot puree, orange rind, orange juice and almond flour. Beat the egg whites until stiff and fold in. Spoon into a greased loose bottomed 9 inch springform pan. Bake for about

50 minutes or until a skewer inserted into the centre of the cake comes out clean. Cool in the pan for 15 minutes, then turn out onto a wire rack to cool completely.

Source: Partridge (raparch@planet.eon.net)

From: <http://www.inform.dk/djembe/scd/scdrcp01.html>

Patti Vincent comment: It was plenty sweet to me. It's a VERY moist cake. I think anything could be put in place of the carrots too. Pumpkin, zucchini etc., since the vegetable is pureed first.

### Castagnaccio (Chestnut cake)

---

- \* 600g chestnut flour.
- \* 3 tbsp extra-virgin olive oil.
- \* Salt.
- \* 70g raisins.
- \* 40g pinenuts.
- \* 40g walnuts.
- \* Rosemary.

Sift the chestnut flour into a mixing bowl and gradually add 800ml of water, whisking continually to avoid lumps forming, until you have a smooth paste, neither too runny nor too thick, but forming ribbons when it falls from the spoon. Soak the raisins and squeeze out the excess water. Add two tablespoons of oil, a pinch of salt, the raisins, pinenuts and shelled walnuts to the batter. Pour the mixture into a shallow, greased baking tray (the cake should only be about 1cm high), sprinkle some rosemary leaves on top and drizzle a tablespoon of oil over. Put in the oven for thirty minutes. Leave aside for about half an hour before serving as the cake should be eaten either tepid or cold. For many centuries chestnuts were part of the staple diet in mountainous and hilly areas and for the poorer classes in general as they provided an inexpensive form of nutrition. The original, Florentine version of castagnaccio, which is also known as migliaccio (black pudding) in some parts of Tuscany, had only pinenuts in it. This recipe is a combination of traditional recipes from both Pistoia and Lucca which I find slightly tastier.

- \* Preparation time: 20 minutes.
- \* Cooking time: 30 minutes.
- \* Standing time: 30 minutes.

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From: <http://www.arca.net/recipes/chestnutcake.htm>

### Castagnaccio Alla Toscana (Tuscan chestnut cake)

---

This classic Tuscan dessert is not very sweet and, unusual for a dessert, is flavored with rosemary and extra virgin olive oil.

10 1/2 oz chestnut flour  
2 tbsp pine nuts  
2 tbsp dried raisins soaked in warm water  
walnut meats (optional)  
fresh rosemary (to taste)  
salt  
tepid water  
extra virgin olive oil (possibly full-bodied in flavor)

Sift the flour into a bowl and add enough tepid water to make a fairly liquid batter, using a whisk to prevent it from forming lumps. Add 3 tbsp olive oil and the raisins and mix well. Grease a low 12-inch cake pan and pour the batter into the pan. Garnish with pine nuts, chopped walnuts and rosemary, and a drizzle of oil.

Bake at 365 degrees F. for about 40 minutes until it is dark but not too dry. Some cooks make the cake richer by using milk instead of water, by soaking the raisins in sweet Vinsanto dessert wine, by adding sugar, or by frosting with whipped cream.

The cake should be served warm, with a sweet dessert wine.

The Italy Italy Kitchen, Recipe by Giusi Gallo

From: <http://www.ari.net/italy/Recipe/recipe6.htm>

#### Autumn Chestnut Cake

---

"If you feel like baking, here's a good one to try. Delicious, especially when it's nice and fresh and maybe still pretty warm."

"If you don't feel like baking, try this."

1. "Fly to Firenze."
2. "Walk around the Duomo and sniff around."
3. "Follow your nose until you find who's selling the castagnaccio (chestnut cake) today."
4. "If the vendor is a sweet-looking older man with glasses and a red hat, ask him if his name is Stefano. If it is, buy from him: he makes the best."

- \* 1/2 cup of raisins
- \* 6 cups of chestnut flour
- \* 5 cups of water
- \* 12 tablespoons of extra virgin olive oil
- \* a pinch or two of salt
- \* 1/2 cup pine nuts
- \* 4 fresh rosemary sprigs, chopped fine

Soak the raisins in a bowl of water. Set aside for one hour. Preheat your

oven to 450 F. Mix flour, water, 4 tablespoons of olive oil and salt to form a creamy dough. Add 6 tablespoons of pine nuts and all the chopped rosemary into the dough. Pour 8 tablespoons of olive oil into two 11 inch tart pans (don't use the kind that have a removable bottom, unless you want a big mess!) Add the dough on top of the oil. Drain the raisins and sprinkle the dough with the raisins and the rest of the pine nuts. Bake for 20 minutes, until you see the top of the cake begin to crack. Pour off any excess olive oil. Serve warm.

[Mama's Cookbook]

From: <http://www.eat.com/cookbook/desserts/autumn-chestnut-cake.html>

## Cookies

### Cookie Recipe

-----  
2 Cups walnuts

1/8 cup raw, unfiltered honey (more or less to taste)

1 Tb. cinnamon

2 egg whites, whisked till frothy

Grind nuts and cinnamon in blender or food processor. Stir in honey. Combine with egg whites. Drop by teaspoon on oiled cookie sheet. Bake at 350 degrees 15 minutes. Cookies will be soft; do not overbake. Makes 15 cookies. I think this would work well for a pie crust too.  
Adapted from USA Weekend by Patti Vincent.

### Macaroons

-----  
1 7-ounce bag shredded unsweetened coconut (2 2/3 cups)

1 cup sliced raw almonds

1/4 cup raw honey

4 large egg whites

1. Preheat oven to 325 degrees F. Grease 2 large cookie sheets. Into large bowl, measure coconut, almonds, and honey. With spoon, mix until combined. Stir in egg whites until well blended.
2. Drop mixture by heaping tablespoons, about 2 inches apart, on cookie sheets. Place cookie sheets on 2 oven racks. Bake cookies 20 to 25 minutes until golden, rotating cookie sheets between upper and lower racks halfway through baking time. With pancake turner, remove cookies to wire racks to cool completely. Store cookies in tightly covered container.

Yields: About 1 1/2 dozen

Adapted from: <http://homearts.com/dynamo/main.jhtml?/1295maca.htm>

## Almond Macaroons

---

1-1/4 cups almonds  
1/8 teaspoon cinnamon  
2 tablespoons grated lemon peel  
2 egg whites, beaten  
1/4 cup raw honey  
2 tablespoons lemon juice

Grind almonds coarsely. Combine cinnamon and lemon and add. Beat egg whites very stiff, fold in honey and continue beating. Fold in lemon juice with almond mixture and blend. Drop from a teaspoon onto ungreased parchment paper. Bake 30 minutes at 250 degrees F. Remove from paper while still slightly warm. Makes 30 macaroons.

## "Cookies"

---

Around a cup of almond butter  
1 whole egg or egg white (if using whole egg, not an extra large or jumbo-too much liquid)  
Couple of tablespoons of unsweetened applesauce  
about half a cup of raisins or other chopped dried fruit  
Couple of tablespoons dessicated unsweetened coconut

Beat all ingredients together. It should be thick batter, but not as thick as cookie dough. Drop by tablespoons on a cookie sheet. Bake in oven (around 375) until they start to go golden, about 10-12 minutes. Allow to cool, then eat! Sometimes I add a couple of teaspoons of honey or fruit juice sweetened jelly, or some dried orange peel, cinnamon or allspice, whatever I'm in the mood for. I find these are a great high energy snack food for travelling or when I'm running.

From Amanda

## Cookie Recipe

---

These cookies keep almost forever in a sealed container. Over time, they become softer and chewier--perfect for dunking in your tea or coffee. Makes four dozen.

2 cups raw honey  
2 cups ground walnuts  
4 cups almond  
1/2 teaspoon nutmeg  
1/2 teaspoon ginger  
1/2 cup dried fruit chopped

Preheat oven to 350 degrees. Lightly grease cookie sheets, or line with parchment paper.

Warm honey in a saucepan. Let mixture cool slightly.

Sift together flour and spices. Place honey in mixing bowl; gradually add flour mixture and stir until well blended. Stir in dried chopped fruit.

Roll dough about 1/4-inch thick on a floured board; cut into squares and rectangles with a pastry wheel or sharp knife. (If you prefer, you can also make drop cookies, dropping the dough by teaspoonful.) Bake ten minutes.

From: Trish Tipton on the PaleoFood list

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## **PaleoFood Recipe Collection Contents**

## Candies and Confections

### Also see PaleoFood's [Dried Fruits](#)

#### Almond Stuffed Dates

-----  
A "sugary" treat that seems paleo enough is gooey dates, each with a roasted almond shoved inside. We did this over Christmas, and I ate these (mostly) instead of tempting cookies and things. We used raw, unsalted whole almonds, and roasted them ourselves.

Roast them on medium-high heat dry, right in a frying pan. Just sit there and watch them carefully to make sure they don't burn, moving them around and stuff. Then cool, and shove one each inside a date. I like the gooiest dates for this. Very tasty, and not too caloric if you only eat a few! BTW - these are good for potassium and fiber, and trace minerals like calcium, zinc, etc.

Also, the oven would work just fine. I might use the broiler in this case, but still watch very carefully. When done, they might have the slightest hint of black on the spot where they touched the metal - no biggie.

From: James Crocker

#### Carob Goodie

-----  
1 cup toasted unsweetened carob  
1.5 cups pecan meal  
1/2 cup or less coconut oil

Mix well together. It's a little soft for fudge, but has a similar bittersweetrich experience as chocolate.

It helped me get off a significant chocolate addiction.

From: Lynnet Bannion on the PaleoFood list

#### Carob-Honey Squares

-----  
1 envelope or 1 T. unflavored gelatin  
1/4 c. unsweetened fruit juice  
1 c. raw honey  
3 T. oil  
1/2 c. carob powder

Soften gelatin in fruit juice. Heat honey. Stir in gelatin mixture until dissolved. Add oil and carob powder. Beat vigorously until fluffy. Turn into oiled square pan. Chill. Cut into squares. Makes 9 squares.

From: The Natural Foods Cookbook.

#### Fruit Pemmican

-----  
2 cups raisins  
2 cups dates  
2 cups cherries  
honey or suet

Mix the ingredients together and pour it out onto a cookie sheet, refrigerate, cut into squares and eat. Only use enough honey to cause the fruits to stick together. Or substitute suet for the honey.

From: Chuck Raymond on the PaleoFood list

#### Cinnamon Walnut Caramels or Cinnamon Walnut Turtles

-----  
2 cup walnut  
1 cup raw honey  
1/2 cup cinnamon  
1 tsp vanilla

Various spices and nuts can be substituted. Can add coconut and dried fruits. In a large bowl, mix honey, cinnamon and vanilla into paste. Stir in walnuts until thoroughly coated. Form into small clusters and dehydrate at least 24 hours.

From: Colleen Holland, [www.rawtimes.com](http://www.rawtimes.com)

#### Nut and Fruit Balls

-----  
First I soaked the nuts all night in water with a little vitamin C in the water, and after I ground them up I mixed them with some dried fruit that I soaked in Vit. C water, but not as long, then I added carob powder, a dash of salt, rolled them into balls, rolled them in the carob powder and put them in the freezer, they sure taste good!

From: Rainah on the PaleoFood list

#### Raw Food "Candy"

-----  
1 Cup date paste  
1 Cup carob powder  
1 Cup almond butter

Mix in blender and form into balls, stick a toothpick in, and enjoy!

From: Jen, [www.rawtimes.com](http://www.rawtimes.com)

## Nut Candy

-----

Just as satisfying as a candy bar:

Grind nuts. Add honey OR Add honey to a cup of whole nuts.....chew well!

From: [www.rawtimes.com](http://www.rawtimes.com)

## Snack from Hans

-----

Grind some walnuts, stir with melted coconut fat, add a little honey and put it in the fridge for a while, then eat :-)

From: Hans

## Spicy Pecans

-----

4 tsp	cinnamon
1-1/2 tsp	ginger
3/4 tsp	nutmeg
1/2 tsp	ground cloves
1/2 tsp	ground cayenne
2	egg whites
1/4 cup	raw honey
5 cups	pecan halves (or walnuts)

In small bowl, combine cinnamon, ginger, nutmeg, cloves and cayenne. In large bowl, whisk egg whites until frothy; add honey, whisk again just until egg whites and honey are combined. Add nuts a cup at a time in the egg and honey mixture. Remove and toss in the spices. Repeat again until all the nuts have been coated.

Spread on 2 lightly greased baking sheets; bake at 250 for one hour, rotating sheets halfway through baking, or until coating is crisp and nuts are fragrant. Let cool.

From: December 1995 issue of Canadian Living Magazine

Adapted by Patti Vincent

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## [PaleoFood Recipe Collection Contents](#)

## Pies and Crusts

### Catherine Ryan's Pie Crust

---

1 cup pitted dates  
2 cups pecans, pistachios & almonds mixture  
1 cup almonds  
2 TBS orange juice

Grind the one cup of almonds (other nuts are too oily) in clean, dry food processor until fairly fine power. Stop grinding way before nuts start to turn buttery. Set Aside. Put remaining two cups of three-nut mixture into food processor. Grind until fine enough that they just barely begin to get some nut-butter sticking on the sides of the machine. Add dates and mix a very long time. Mix will eventually start to ball up as the oils start to pull out of the ground nuts. Finally, with machine still running, add orange juice. The clumps of mixture will suddenly ball up in one solid, rich mass. Put the set aside ground almond powder into strainer/sifter and shake powder over wax paper. Put entire ball of nut/date mixture in center. Press down. Sprinkle more nut powder over top. Put another sheet of wax paper on top. Roll out with rolling pin into size big enough to fit pie pan. Pull off wax paper from top side of crust. Sprinkle almond powder in pie tin. Turn date/nut crust over into pan. Pull off last sheet of wax paper. Gently press into pie pan, trimming off excess. Dust the rim of the pie crust with remaining almond powder. Fill with raw pie mixture: apple-raspberry, pumpkin, banana-carob creme, California lime, etc. A coffee/nut grinder can be used to grind nuts instead, then all other material can be run through Champion juicer for similar results if a food processor isn't available; but filling will not be as smooth. Try adding raw carob earlier on in the processing, for variety. Also, you can put spoon-sized balls of mixture into freezer for great candy.

From [www.rawtimes.com](http://www.rawtimes.com)

### Pastry ( for a 9-inch double-crust pie)

---

2 1/2 cups almond flour  
2/3 cup shortening, e.g. lard or coconut oil  
1/4 teaspoon salt  
1/3 cup water

Combine flour and salt in a mixing bowl. Cut shortening into flour with a pastry blender or two knives. Do not over mix; these are sufficiently blended when particles are the size of peas. Add water gradually, sprinkling a little at a time over the mixture. Use only enough water to hold the pastry together when it is pressed between the fingers. It should not feel wet. Roll dough into a round ball, handling as little as possible. Roll out on a lightly floured board into a circle 1/8 in thick and one inch larger

than the diameter of the top of the pie pan. (I roll between two pieces of waxed paper to help handling and cleaning up then I strip off on side of the waxed paper transport it to the pie pan and press it in). trim to the edge of the pie pan. Prick with a fork. Each person has their own pattern of fork pricks on the pie crust. The artistry of each individual is different. Bake at 450F for 12 - 15 minutes or until a golden brown.

From: the Mennonite Community Cookbook

Posted by Gerry Jantzi to SCD-list@longisland.com

#### Almond-Pecan Pie Crust

-----  
1 cup almonds

1/2 cup pecans

1/3 cup chopped pitted soft dates, such as Med-Jool

3 tablespoons water

In separate bowls, cover almonds and pecans with water and let soak for 8 to 12 hours. Drain and rinse. In a food processor, grind almonds to consistency of moist meal. Place in a medium-size bowl and set aside. In a food processor, grind pecans to consistency of moist meal and stir into almond meal. Set aside. In a food processor, blend dates and water until smooth. Stir into nut mixture until thoroughly mixed and dough-like in consistency. Shape nut mixture into a ball and place on 12" length of waxed paper. Top with another 12" length of waxed paper. Flatten ball with palm of hand. Using rolling pin, rollout dough into a circle 11" in diameter. Carefully remove top sheet of paper. Invert pie crust into an oiled 9" pie plate, pressing gently. Trim excess crust and press gently to even edges of dough. Place crust in a food dehydrator set at 125 degrees for 2 hours. (Or preheat conventional oven to 250 degrees and immediately turn off heat. Let crust sit in oven with door closed until it is dry and set, about 30 minutes.) Note - it will not be very set, it is still sticky and very moist and will fall apart when cut, but who cares, it tastes good.

Recipe from Spring 1994 Vegetarian Gourmet- from the Green City Market & Cafe in Washington DC; chef Aris LaTham.

#### Paradise Peach Cake

-----  
1/2 cup pecans

5 peaches

1/2 cup chopped dried pineapple

3/4 cup chopped fresh pineapple

1/2 teaspoon apple pie spice (I don't use)

1/2 teaspoon cinnamon (I don't use)

2/3 cup pitted soft dates, such as Med-Jool

1 1/2 cup fresh berries for garnish (I used blue)

1 (9") Almond-Pecan Pie Crust (see above)

In a small bowl, cover pecans with water and soak for 8 to 12 hours. Drain and rinse. Set aside. Peel and halve peaches, reserving skin. Remove pit and thinly slice flesh. Set aside. In a food processor or blender, blend peach skin with pecans, dried and fresh pineapple, spices and dates. In pie shell, layer 1/2 of peach slices in a fanned spiral (I throw in). Evenly spread 1/2 of pineapple mixture over peach slices. Repeat with remaining peach slices and pineapple mixture. (I came out with three layers ending with peaches.) Garnish with fresh berries of your choice. Serve immediately or refrigerate and serve chilled. It sounds time consuming, but it really isn't.

From Shari at

Apple Pie

-----  
Slice up apples, sprinkle with ground up filberts, and top with honey.  
From [www.rawtimes.com](http://www.rawtimes.com)

Hallelujah Acres Fresh Strawberry Pie

-----  
Pie Shell:

1 cup raw almonds  
1 cup soft, pitted dates  
1/2 tsp. vanilla

Grind the nuts in a food processor until finely chopped, add the dates and vanilla, and blend well. Press thinly into a pie plate (from center to the outside rim) to form the shell.

Binder:

7 or 8 Large ripe strawberries  
5 soft dates, pitted  
2 bananas, fairly ripe  
1 Tbs.. fresh lemon juice

Blend all ingredients in food processor or blender until well mixed.

Fruit Filling:

Cut 2 pints of fresh strawberries into quarters, fold into binder and fill shell. Decorate with approximately 1/2 pint of quartered strawberries. Cover with plastic wrap and store in refrigerator. Chill thoroughly before serving.

From Rhonda Malkmus from Chet Day's Health Tip Newsletter

Heather's Amazing Apple pie

-----  
Crust

1/4 C pecans

1/4 C walnuts

4 medjool dates (From the Date People, just got 15lbs., they're amazing!)  
Mix in a food processor w/ spread thin (or thick, make more than above) on plate

Filling

1 or 2 apples chopped in food processor (would be great w/ peaches instead)

1/4 tspn cinnamon

1/8 tspn nutmeg

1/2 tspn lemon juice (optional)

Directions

Spread mix over crust. Chop 3/4C pecans and spread around the circumference of pie. Takes about 5 minutes to make. A GREAT DESSERT! Pretty basic and easy to make. (serves 3 or more depending on if you eat as much as I did!)

From Ryan Cormney at <http://www.rawtimes.com/>

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## PaleoFood Recipe Collection Contents

## Frozen Desserts (alphabetical by primary fruit)

### Apple Ice Kreme

-----  
This light and refreshing dessert takes a simple apple and makes you feel like you are eating something positively sinful. Use sweet apples. If you use a tart apple, like Granny Smith, you may find that you need to use a lot more maple syrup than the recipe calls for to achieve the level of sweetness most people like in a dessert.

2 cups applesauce (made by putting several peeled and cored apples through the Champion with blank)

2 cups apple juice

2 Tablespoons pure maple syrup

2 Teaspoons lemon juice

Puree in blender or food processor. Place in shallow dish and freeze. Serve by scraping into curls with a soup spoon or ice cream scoop.

Variation: Add a scoop or two of Apple Ice Kream to chilled Sparkling apple cider or apple juice for a special drink.

Note: try this with peaches, strawberries, raspberries, blueberries, kiwi, oranges, tangerines, etc.

From: Nomi Shannon, <http://www.living-foods.com/rawgourmet>

### Fresh Fruit Frozen Dessert

-----  
1 frozen banana (To freeze, place unpeeled ripe banana in an air-tight freezer bag in the freezer)

1-2 tablespoons of chopped fruit of your choice.

1/2 tablespoon of chopped nuts (optional)

Remove banana from the freezer and thaw for 1/2 hour. Peel and mash partially thawed banana with a fork. Add chopped fruit and nuts and stir.

Serve immediately. 1 serving

(If you use more bananas, you can use a blender.)

### Frozen Banana Desert

-----  
1 banana

almond, hazelnut or sunflower butter (Walnut Acres)

shredded fresh coconut

Spread nut butter on outside of banana, roll in coconut and freeze.

From: Binnie

## Cool Snack

---

Put a banana on a stick, roll in hazelnut butter and unsweetened coconut, and then freeze. What a great summer treat.

From: Binnie

## Frozen Raw Birthday Cake

---

1 Bunt Cake Pan

16 oz. of dried organic figs, soaked overnight in distilled water\*

16 oz. of dried pitted organic dates, soaked overnight in distilled water\*

12 oz. bag of organic almonds

2 big bunches fully ripe bananas (organic if possible)

\* Soak fruit in separate bowls. The water level for soaking is about half full. Do not cover the dried fruits completely. Remove stems from soaked figs, puree figs and set aside. Puree dates put in separate bowl, chop almonds in food processor or blender and set aside in its own container. Peel and puree the bananas in a blender or food processor.

### To Build the Cake:

Place almonds in the bottom of the mold; 2nd layer, pureed figs; 3rd layer almonds; 4th layer pureed bananas, almonds, dates, almond, figs or whatever order you desire. Almonds should be the first layer and end with dates or figs the last layer. Cover and freeze overnight.

### To Serve:

Remove from the freezer, place upside down on a plate and allow to sit a few minutes until thawed enough to release from the pan. Can be carefully set in warm water just long enough to release the cake, being very careful not to get water in the cake. This cake has so many possibilities. Use strawberries and blueberries for a beautiful, healthy 4th of July cake. Any of your favorite fruits can be used to make a new family tradition!

From Gracie Gordon, <http://www.hacres.com>

## Hans' Summer "Ice Cream"

---

Now you don't have to be jealous on friends cooling down with some ice cream in the summer heat any more: Just take some berries out of your freezer (or the supermarket freezer) put in the food processor/blender and turn around until you have something like berry-snow. Then put in one (or more) fresh egg, and go on with the blender until thoroughly mixed. You will have to find out the ultimate proportions yourself, it depends on what berries. Eat at once. I have got the best results so far with lingons. Strawberries I cut in smaller pieces before putting in the blender. If you want it sweeter, add a little raw honey together with the egg.

From: Hans Kylberg

## Coconut Icecream

---

All used foods should be best quality.

Buy a ripe coconut, i.e. one with thick white flesh. Additionally buy app. one litre (two pints) of coconut juice or buy young coconuts and extract the juice. Extract the flesh from the ripe coconut and put it into the food processor. The amount of flesh is something you can vary, depending on how intense the taste of the ice should be. Try 0.5 lb for two pints of coconut juice. Add the juice to the processed flesh. Now put the mixture into an ice machine (must be able to stir while freezing). For instinctos: eat your icecream while frozen. Do not let it thaw again because it would be subject to denaturation by thawing.

From: Stefan Joest on the Raw-Food Diet List

## Coconut Sorbet

---

8 ounces coconut milk

16 ounces water

1/4 cup toasted coconut

Combine the coconut milk and water and chill for several hours in the refrigerator.

Freeze the mixture in an ice cream freezer according to the manufacturer's instructions. Add the toasted coconut to the frozen coconut sorbet by stirring in using a spoon. Keep frozen until ready to serve.

From: Michael Lomonaco, The Food Network

## Sorbet

---

Buy a can of fruit, preferably in heavy syrup. (Peaches or pears are a good start, but you may be able to find something more exotic.) Put the can in your freezer and forget about it until you're ready for dessert. Open both ends of the can and push the frozen contents out onto a cutting board. (You may have to run hot water on the outside a little while to loosen it up.) Cut the frozen stuff into chunks, put them into a food processor, and grind them up. You may find it easier to do both the cutting and the grinding if you first zap the stuff in the microwave for a half minute or so. You may also find it helpful to add a small quantity of water or fruit juice to help the grinding process. When it's all whipped up, it makes a terrific sorbet that's just the thing on a hot July day.

From: New York Times food page via Laurence Shatkin.

## Watermelon Freeze

-----  
4 cups seeded and cubed watermelon  
2 cups cubed cantaloupe  
3 fresh mint leaves or 1 mint tea bag  
1 cup water  
juice of 1 fresh lemon

Puree the melons in a food processor until smooth. Place in a saucepan and simmer 15 minutes. Meanwhile, in another pan, simmer the mint leaves or tea bag in the water about 3 minutes. Strain and add this infusion to the cooked melons. Turn off the heat and stir in the lemon juice. Line a muffin pan with cupcake liners [Note: Paleo people might not have muffin pans or cupcake liners -- borrow from your neighbors. Or else just use Dixie cups]. Pour the melon puree into each one and freeze. When beginning to firm up, you may insert flat wooden sticks into each treat. Freeze until completely hard or the papers will not peel easily away. Remove papers before serving. Makes 12-18.

From: Cooking the Whole Foods Way by Christina Pirello.

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## PaleoFood Recipe Collection Contents

## Food List

If you were on a trip to stock a paleo kitchen you could buy:

Refrigerated departments (or buy from specialty stores):

fruit  
vegetables  
fresh meat (without nitrates)  
fish and shellfish  
eggs  
orange and some other juices (100% juice only)

Store Interior:

coconut milk (try for Thai Kitchen - no preservatives)  
Thai curry paste  
water chestnuts in water (paleo? use for what?)  
olive oil, preferably first cold press  
Starkist "Low Sodium - Low Fat" tuna, or tuna in olive oil  
other canned fish in olive oil or water, preferably no salt added  
tomato paste/sauce (must not have flavorings or natural flavors, nor salt)  
unsweetened applesauce ("natural")  
spices  
green tea (or loose at the HFS)  
bottled spring water

Health Food Store:

seeds  
nuts (raw, but not cashews or peanuts)  
nut butters  
dried fruit (raisins, apricots, cherries, dates, etc.)  
organic fruit and vegetables  
unsweetened coconut flakes  
coconut oil (or in Indian market)  
tuna  
honey (optional, raw unfiltered only)

Mail Order:

nut flours (almond, pecan, and chestnut)

## **PaleoFood Recipe Collection Contents**

## Ingredients: Converting Non-Paleo Recipes

### Suggestions for Adapting Recipes:

Milk - nut milk, coconut milk

Butter - olive oil, bacon grease, coconut oil

Yogurt - coconut milk

Sour cream - chilled coconut milk combined with a few drops of lemon juice

Whip cream - chilled coconut milk flavored with a bit of honey or orange zest

Vinegar - small amounts can be substituted with lemon or lime juice. As a general rule, tomato recipes such as salsa would use lime juice, fruit recipes would use lemon juice.

Cider vinegar - apple juice

Alcohol - sometimes very hard to adapt. In some cases the alcohol can simply be deleted altogether. Or depending on the recipe, substituted with chicken or beef broth.. Juice would also be an alternative, grape, orange or apple. In some cases a combination of both broth and juice.

White sugar - using half the amount called for, substitute honey

Brown sugar - using half the amount called for, substitute maple syrup

Molasses - honey or maple syrup

=====

### Other Substitutions:

1 teaspoon dried herbs for 1 tablespoon fresh herbs

1 tablespoon instant minced onion, rehydrated, to replace 1 small fresh onion

1/8 teaspoon garlic powder instead of 1 small pressed clove of garlic

substitute 2 tablespoons of flour or 1 tablespoon cornstarch for 1 tablespoon of arrowroot to use as a thickening agent

mix 1/2 cup tomato sauce with 1/2 cup of water to make 1 cup tomato juice

=====

### Approximate Measurements:

1 lemon = 3 tablespoons juice

1 lemon = 1 teaspoon grated peel

1 orange = 1/3 cup juice  
1 orange = 2 teaspoons grated peel  
1 pound unshelled walnuts = 1 1/2 to 1 3/4 cups shelled  
1 pound unshelled almonds = 3/4 to 1 cup shelled  
8 to 10 egg whites = 1 cup  
12 to 14 egg yolk = 1 cup

=====

Equivalents:

3 tsp. = 1 tbsp.  
2 tbsp. = 1/8 c.  
4 tbsp = 1/4 c.  
8 tbsp. = 1/2 c.  
16 tbsp. = 1 c.  
5 tbsp. + 1 tsp. = 1/3 c.  
12 tbsp. = 3/4 c.  
4 oz. = 1/2 c.  
8 oz. = 1 c.  
5/8 c. = 1/2 c. + 2 tbsp.  
7/8 c. = 3/4 c. + 2 tbsp.  
16 oz. = 1 lb.  
1 oz. = 2 tbsp. fat or liquid  
2 c. fat = 1 lb.  
2 c. = 1 pt.  
2 pt. = 1 qt.  
1 qt. = 4 c.  
a few grains = less than 1/8 tsp.  
pinch is as much as can be taken between tip of finger and thumb  
speck = less than 1/8 tsp.

=====

Metric Conversion:

1 tsp. = 4.9 cc  
1 tbsp. = 14.7 cc  
1/3 c. = 28.9 cc  
1/8 c. = 29.5 cc  
1/4 c. = 59.1 cc  
1/2 c. = 118.3 cc  
3/4 c. = 177.5 cc  
1 c. = 236.7 cc  
2 c. = 473.4 cc  
1 fl. oz = 29.5 cc  
4 oz. = 118.3 cc  
8 oz. = 236.7 cc  
1 pt. = 473.4 cc

1 qt. = .946 liters

1 gal. = 3.7 liters

1 dry oz. = 28.3 grams

1 lb. = .454 kilograms

From: Patti Vincent

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## **PaleoFood Recipe Collection Contents**

## Ingredients: Rendered Fats

### Pork Lard

-----

Preheat oven to 250F. Place 1lb of fat (leaf fat, fat back or pork fat pieces cleaned of skin and meat and finely diced) in an ovenproof dish. Add enough cold water to partially cover. Put in oven (or over very low flame) for 40 minutes, or until fat has melted, stirring occasionally to prevent it from browning or sticking. Remove from oven and strain through a cheesecloth into a heat proof container. Set aside. When fat has set into a smooth white shortening, cover and refrigerate. Will keep for 3 months.

From Amanda

## Schmaltz

### Myra's Schmaltz

-----

For the uninitiated, schmaltz is chicken fat rendered with onions. Way back before margarine was invented, rendered chicken or goose fat was used instead of butter for meat meals. Schmaltz adds the most wonderful flavor to foods, and we lowcarbers can count ourselves lucky that we can indulge! I recommend using it in other recipes where called for.

3-4 cups raw chicken fat and skins  
1 medium onion, finely chopped

In a skillet over moderate heat, cook the chicken fat and skin pieces until the fat liquifies out and the solid pieces shrink and become golden brown. Add the onion and cook until the skins and onion are very crisp and dark brown (but not burned). Remove from heat. Remove the crispy bits with a slotted spoon (see note). Stir and let stand until cool, but still liquid. Pour into a glass jar or container and keep in the refrigerator or freezer. Will keep almost indefinitely.

Makes about 1 cup schmaltz.

NOTE: The leftover crispy bits are called "griebenes," and are the Jewish version of fried pork rinds, so enjoy them as a snack (I always do!).

From Betty

### More Schmaltz

-----

>Where do you get this from? or do you have to render it yourself? If so, >what is the process.

You can buy it ready-made in almost any Jewish delicatessen, or in a grocery store which caters to Jewish cuisine....

It's easy enough to make yourself...just strip off the chicken fat any time you make chicken, and freeze the portions of fat in a ziplock bag... when you have a good amount of raw chicken fat, just thaw it out and put it in a frying pan over medium to high heat....make sure it doesn't burn...

In 15 minutes or so, the fat will have 'rendered' out, leaving behind 'cracklings' (you can also do this with pork, obvious THAT wouldn't be 'kosher' tho! )...let the fat cool somewhat, then strain it (cheesecloth would be nice, but a fine-meshed strainer will do) and let the liquid fat completely cool...what you now have is 'schmaltz', which you can use to fry and/or to flavor in cooking....

From June

### Schmaltz

-----

When I need schmaltz for baking, I make it the following way, using the fat and skin from the chickens:

Place about a cup's worth of skin and fat, diced or ground small, in 2 cups of cold water. Bring to a boil, and simmer, stirring frequently, skimming as needed, until the water has been reduced by half. Strain into a clean glass container. Using a wide-mouthed pint jar is great, as you can see about how much fat you've rendered out. Place in fridge. When the fat is set, remove it from the liquid, place in whatever container in which you'll be using, and freeze. The liquid is now chock-full of collagen from the fat and skin, and should be nicely jellied. You can use it when making stock; it adds body and protein. Not much flavor though.

Now, as far as what you've saved from your chicken soup, if it's just as bland and plain as what you've gotten from the skin and fat, you can freeze it right along. You might want to premeasure it in useable portions before freezing. I use it for the crust of my Thanksgiving Apple Pie; since the main meal is a meat meal anyway, why not? I like the results better than butter or Veg. shortening, and from what I have read not only is it lower in saturates (though higher in outright cholesterol) it has linoleic acid, which I have read helps the body break down the "bad" cholesterol.

I figured out to use it for crusts from a Shaker cookbook. They spoke highly of chicken fat as a pastry shortening.

From: Blanche Nonken in rec.food.preserving

## **PaleoFood Recipe Collection Contents**

## **Spice Recipes: Chili Powder, Garam Masala - Traditional, - Regional**

### **Chili Powder**

MMMM-----

Title: Firehouse Hot Chili Powder

Categories: Thrifty, Herb/spice, Mix, Seasonings

Yield: 1 Servings

6 tb Paprika  
2 tb Turmeric  
1 tb Dried chili peppers  
1 ts Cumin  
1 ts Oregano  
1/2 ts Cayenne  
1/2 ts Garlic powder  
1/2 ts Salt  
1/4 ts Ground cloves

Mix all ingredients and grind to a fine powder using a mortar and pestle, or food processor or blender. Spice will keep 6 months or so on the pantry shelf.

TO USE:

This powder is somewhat more pungent and fresher tasting than a packaged brand, so use a bit less.

YEILD: 5.5 OZ

Source: Cheaper and Better Alternatives to Store Bought Goods  
: By Nancy Birnes

MMMM

MMMM-----

Title: Homemade Chili Powder

Categories: Herb/spice, Seasonings

Yield: 1 Cup

2 Dried ancho chilies  
2 Dried pasilla  
-or mulato chilies  
4 Dried chipotle chilies  
2 ts Cumin seeds

2 ts Dried oregano  
1/2 ts Ground cinnamon

Preheat oven to 300°F. Stem the chilies and roast them on a baking sheet for 10 minutes, or until crisp. Let cool. Place the cumin seeds in a dry skillet over medium heat and cook for 30 seconds, or until fragrant and lightly toasted.

Break the chilies open and shake out the seeds. For a hotter chili powder, leave the seeds in. Combine the chili pieces, cumin seeds, and other spices and grind to a fine powder in a spice mill. Store in an airtight container.

Note: This powder isn't particularly hot, but it's loaded with flavor.

High-Flavor, Low-Fat Cooking by Steven Raichlen ISBN 0-1402-4123-X pg 164

MMMMMM

MMMMMM----

Title: Chili Powder  
Categories: Herb/spice, Seasonings  
Yield: 1 Cup

2 tb Cumin seeds or 2 tb ground  
4 Dried hot chili peppers;  
;ground\* or 2 tsp. crushed  
;red pepper  
2 ts Dried oregano  
2 ts Garlic powder  
2 ts Onion powder  
1 ts Ground allspice  
1/8 ts Ground cloves

\*If using dried hot chili peppers, remove the seeds before grinding or the mixture will be too hot.

Combine all ingredients in a blender or electric grinder and grind until mixture is a coarse powder. Use in recipes as directed. Yields 1/4 cup. Source: Rodale's Basic Natural Foods Cookbook. MM: Lyn.

MMMMMM

## Garam Masala - Traditional

### Garam Masala

-----  
1 tablespoon cardamom seeds  
1-2 inch stick of cinnamon  
1 teaspoon black or regular cumin seeds  
1 teaspoon whole cloves  
1 teaspoon black peppercorns  
1/4 of an average nutmeg

Place all ingredients in a clean electric coffee grinder or other spice grinder. Grind for 30-40 seconds or until spices are finely ground. Store in a small jar with a tight fitting lid, away from heat and sunlight.

Makes 3 tablespoons.

She also lists a second version with sour pomegranite seeds in it.

This recipe is from "Madhur Jaffrey's Indian Cooking."

Posted by kaleni@concentric.net to rec.food.recipes

### Garam Masala

-----  
1 1/2 tsp cardamon seeds  
5 tsp coriander seeds  
1 tsp cumin seeds  
1 1/2 tsp whole cloves  
2 tbsp black peppercorns

Preheat oven to 450 F. In cake pan mix spices. Bake 12 minutes stirring once or twice. Grind to powder when cooled.

Posted by srmcevoy@uwaterloo.ca to rec.food.recipes

### Garam Masala

-----  
2 inch piece cinnamon stick (about 1/2 inch in diameter, broken into smaller pieces)

6 allspice berries

1/4 tsp. freshng grated nutmeg

4 cloves

Whiz all ingredients together into a fine powder in an electric coffee grinder, or grind to a powder using a mortar and pestle. Makes about 1 tablespoon.

Graham Kerr gave this recipe in the Jan 96 issue of Vegetarian Times.

Posted by Dawn to rec.food.veg.cooking

## Garam Masala

---

3 cinnamon sticks

2 tbsp cardamom seeds, removed from their pods

2 tbsp whole cloves

5 tbsp coriander seeds

4 tbsp black peppercorns

Crush the cinnamon sticks on a clean kitchen towel with a kitchen mallet or the end of a rolling pin. Heat the spices in a 200 F oven for 15 minutes. Pulverize the mixture to a fine powder in an electric spice or coffee grinder, or in a blender. Store the spices in an airtight jar or self-sealing plastic bag. Yields about 1 1/2 cups.

Posted by Christine to rec.food.recipes

## Garam Masala

---

(the original recipe makes a huge amount of powder, so I broke it down into parts or ratios and then converted it to teaspoon measures. I hope it makes sense to you...)

4 tsp (16 parts) cumin

2 tsp (8 parts) fennel

2 tsp (8 parts) black cardamom

1 1/4 tsp (5 parts) green cardamom

1 1/4 tsp (5 parts) cloves

1 1/2 tsp (5 parts) cinnamon

1 1/4 tsp (5 parts) badiani khatai

1/4 (1 part) tsp mace

1/8 tsp (1/2 part) saffron

1/2 of a whole nutmeg (1 part)

Each spice is then individually roasted until fragrant (EXCEPT THE SAFFRON!) and then ground together.

From: Time Life Foods of the World: The Cooking of India

Posted by Heather Bruhn to rec.food.cooking

## Basic Garam-Masala

---

1 cup black cardamom pods, pods removed and discarded (i.e. 1 cup pods' worth of seeds)

5 cinnamon sticks, broken into small pieces

1/4 cup black peppercorns

1/4 cup cumin seeds

2 Tablespoons whole cloves

1/4 whole nutmeg, grated

In a small heavy-bottomed pan, roast all of the ingredients over medium heat, stirring constantly until the spices become a shade darker and are very aromatic. Remove from the heat. Let cool a bit and then grind to a fine powder in a small coffee or spice grinder. Store in an airtight container. Makes 1 cup

From: the cookbook "Feast of India" by RANI.

Posted by Nancy Wenlock to rec.food.cooking

#### Garam Masala (Curry Powder)

---

3/4 oz (20 g) brown cardamom seeds (illaichi)

3/4 oz (20 g) cinnamon (darchini)

1/4 oz (7 g) cloves (laung)

1/4 oz (7 g) black cumin seeds (kala zeera)

good-sized pinch mace (javatri)

good-sized pinch nutmeg (jaiphal)

Grind the ingredients together with the help of a mortar and pestle or in a coffee grinder. Pass through a fine sieve and store in an air-tight bottle.

Recipe for 2 ozs (60 g).

From: "Indian Cookery" by Mrs. Balbir Singh, pub 1973. The author is from Punjab. Posted by Sharon Raghavachary to rec.food.cooking

#### Traditional Garam Masala

---

4 Tblsp coriander seeds

2 Tblsp cumin seeds

1 Tblsp whole black peppercorns

2 tsp cardamom seeds (measure after roasting and removing pods)

4 x 3inch cinnamon sticks

1 tsp whole cloves

1 whole nutmeg

In a small dry pan, roast separately, the coriander, cumin, peppercorns, cardamom pods, cinnamon and cloves. As each one starts to smell fragrant, turn onto a plate and leave to cool. The roasting brings out the flavours and makes the spices brittle and easier to grind to a powder.

Peel the cardamoms, discarding pods and using only seeds.

Put all the spices into an electric blender, coffee grinder, and blend to a fine powder. Finely grate the nutmeg and mix through.

Store in a glass jar with a tight fitting lid, making sure to keep it away from heat and light.

You can also make this the quick way by using pre-ground spices, but you must/should still roast them under just enough heat to bring out the fragrance.

From: Philippa Jane Wightman in rec.food.cooking

### Garam Masala

-----  
3 T (about 20) black or 2 T (about 75) green cardamom pods  
3 cinnamon sticks, 3 inches long  
1 T whole cloves  
1/4 cup black peppercorns  
1/2 cup cumin seeds  
1/2 cup Coriander seeds

Break open cardamom pods, remove seeds, and reserve. Discard skin. Crush cinnamon with kitchen mallet or rollin pin to break into small pieces. Combine all spices and roast in a dry frying pan until the start to turn color and give off their fragrance. This will take about 5 minutes. Keep moving the spices around to keep them from burning. Grind spices. Store in air tight container.

From: Julie Sahini's Classic Indian Cooking.

Posted by Mary f. in rec.food.cooking

### Garam Masala

-----  
2 3-in. cinnamon sticks  
1/4 c coriander seeds  
2 T cumin seeds  
2 T black peppercorns  
2 t cardamom seeds  
2 t whole cloves  
1 t fennel seeds

Crush cinnamon into small pieces, place all spices on a baking tray and heat in a 200 deg (F) oven for 30 min. Stir spices once or twice during baking. Remove from oven, cool briefly. Pulverize in batches in coffee/spice grinder, or at once in blender. Store in cool dark place, use within three months.

From: Sundays at Moosewood Restaurant (halved)

Posted by David Ratigan to rec.food.cooking

### Garam Masala (mild)

-----  
3 ounce coriander seeds  
1/4 teaspoon mace  
1 ounce cumin seeds  
1/4 teaspoon nutmeg  
1/4 ounce fenugreek seeds  
1 ounce cinnamon

1 ounce cloves  
1 ounce black peppercorns  
2 ounce cardamom seeds (brown are best)

Roast coriander seeds, cumin, and fenugreek seeds separately for a few minutes until their rich aroma is given off. Combine with all other ingredients and grind. Before grinding, a heavy rolling pin may be used to crush the spices enclosed in an envelope of foil.

Pass the mixture through a sieve and store in an airtight jar.

Note: Roasting the ingredients separately is important since each gives off its characteristic aroma at a different time.

I have added to this recipe compiled by Kathleen M. Weber in 1993:  
Posted by Jai Maharaj to rec.food.veg, et. al.

#### Garam Masala      No. 3038

-----  
1 small              Nutmeg, Whole  
1 1/2 Tbls              Cardamom, Green Pods  
4 1 Inch              Cinnamon Sticks  
1 Tbls              Whole Cloves  
1 tsp              Peppercorns  
1 tsp              Cumin Seeds

NOTES: All the ingredients MUST be FRESH. DO NOT use bleached white cardamom pods. Grind the cardamom pods along with the spice. You may use a coffee grinder (but not one which has been used to grind coffee) or a spice grinder. Do NOT use one of the coffee grinders which slices (chops) rather than grinds.

Crush the nutmeg coarsely using a mortar and pestle. Combine with the remaining ingredients. Place in the feed container of the grinder. Grind very fine. Store in an airtight container. May be frozen.

Posted by Joel Ehrlich to rec.food.cooking

#### Garam Masala

-----  
Garam Masala translates as "warm" or "hot" and masala means "spice blend." In India, this mix varies from region to region, and household to household. It can include anywhere from 3 to 12 different spices.

4 tablespoons coriander seeds  
4 teaspoons cumin seeds  
1 teaspoon fennel seeds  
Seed from 20 green cardamom pods  
2 teaspoons black peppercorns  
1 teaspoon whole cloves

2-inch cinnamon stick, broken into pieces  
10 bay leaves, crushed  
1/2 teaspoon freshly grated nutmeg

Combine all seeds, the peppercorns, cloves, cinnamon and bay leaves in a heavy 10-inch frying pan. Toast over medium heat until the mixture is aromatic and the seeds become reddish-brown, about 5 minutes. Add the nutmeg and toast 1 minute. Cool slightly.

Transfer to a spice grinder and grind to a fine powder.

Store in an airtight glass jar. Will keep up to 3 months at cool room temperature, or up to 6 months in the refrigerator.

Yields about 1/2 cup.

Source: San Francisco Chronicle (Food Section)

Posted by Joe Shaw to rec.food.cooking

## Garam Masala: Regional

Garam Masala (as used by Kashmiri chefs)

-----  
1/4 oz (7 g) black cumin seeds (kala zeera)  
1 oz (28 g) brown cardamoms (illaichi)  
1/4 oz (7 g) black pepper (kali mirch)  
1/4 oz (7 g) cinnamon (darchini)  
1/4 oz (7 g) cloves (laung)  
3 blades mace (javatri)  
1/8 of a nutmeg (jaiphal)

Grind these spices together, sieve and store in an air-tight bottle.

From: "Indian Cookery" by Mrs. Balbir Singh, pub 1973. The author is from Punjab. Posted by Sharon Raghavachary to rec.food.cooking

Mughal Garam Masala

-----  
1/2 cup (about 60) black or 1/3 cup (about 200) green cardamom pods  
2 Cinammon sticks, 3 inches long  
1 T whole cloves  
1 T black peppercorns  
1 1/2 t grated nutmeg (optional)

Remove seed from cardamom pods, break up cinnamon sticks and grind all together in a spice grinder (you'll probably have to do it in batches if you use a little coffee grinder). Note: recipe may be cut in half. Makes 3/4 cup

From: Mary f. in rec.food.cooking

Garam Masala (Northern India) No. 3040

---

5 Pods	Cardamom
3 3" Sticks	Cinnamon
1/3 Cup	Whole Cumin
8	Whole Cloves
1/4 Cup	Whole Coriander
1/2 Cup	Whole Black Pepper

Remove the small black seeds from the cardamom pods. Discard the cardamom husks. Combine the cardamom seeds with the remaining ingredients in a spice grinder. NOTE: You may crush them using a mortar and pestle if you wish. Store in a tightly covered glass jar. May be frozen.

Posted by Joel Ehrlich to rec.food.cooking

Punjabi-Style Garam Masala

---

2 1/2	Tb	Green cardamom pods
5	Tb	Coriander seeds
3		Blades of mace
2	Tb	Black peppercorns
2		Cinnamon sticks, 3" long
1/4	Ts	Ground ginger
4	Tb	Cumin seeds
1/4	Ts	Ajowan seeds
	Ts	Ground mace
1 1/2	Tb	Whole cloves
1		Bay leaf
1	Tb	Ground nutmeg

A little of this warm, spicy blend goes a long way. Coming from North India, where meat is eaten more frequently than in the South, it is the kind of masala that's popular as an accompaniment for almost any meat dish, as a condiment or in the sauce. Grind toasted ingredients with mace, peppercorns, cloves, cinnamon, and bay leaf, and mix well with the other ground ingredients. Source: Lord Krishna's Cuisine: The Art of Indian Vegetarian Cooking by Yamuna Devi.

sweber@ix.netcom.com (Sharon Raghavachary)

Posted by amanda@gate.net to rec.food.cooking

Garam Masala - Punjabi Style No. 3077

---

2 1/2 Tbls	Green Cardamom Pods
1 1/2 Tbls	Whole Cloves
4 Tbls	Cumin Seeds

2 3"	Cinnamon Sticks
5 Tbls	Coriander Seeds
1	Bay Leaf
1/4 tsp	Ajowan Seeds
1/4 tsp	Ginger, Ground
1/4 tsp	Mace, Ground
1 Tbls	Nutmeg, Ground
2 Tbls	Black Peppercorns

Toast the green cardamom pods, cumin seeds, coriander seeds and ajowan seeds in a wide, heavy bottomed pan, stirring occasionally until they brown and begin to release their fragrance (5-7 minutes). Place in a mortar, spice grinder or blender. Add the peppercorns, cloves, cinnamon sticks and bay leaf. Grind to a fine powder. Add the mace, ginger and nutmeg. Mix thoroughly. Place in a glass container. Cover tightly.

Posted by Joel Ehrlich to <rec.food.cooking>

## [\*\*PaleoFood Recipe Collection Contents\*\*](#)

## Dried Fruits

### Coconut Crunch Macaroons

-----  
2 cups almonds  
1 cup shredded coconut  
1 T almond extract  
6 - 10 pitted dates

- 1) Soak almonds 8 hours, dates 2 hours
- 2) In blender: blend with 1/2 cup water from dates, with almond extract, dates, and shredded coconut (keeping dough thick)
- 3) Drop 'dough' on wax paper, or teflex sheets on dehydrator trays. Dehydrate 12-24 hours at 105 degrees, turning over when dough is firm.
- 4) Serve warm at desired chewiness.

Time: 10 minutes to prepare, 12-24 hours to dehydrate, makes 30-45 cookies.  
From [www.rawtimes.com](http://www.rawtimes.com)

### Apple Raisin Cookies

-----  
2 C sunflower seeds, soaked 4 hours and rinsed.  
2 fuji apples, grated  
2 large bananas  
1/2 C dates  
1 C raisins  
1 t cinnamon  
1 T flax oil  
1 C walnuts, soaked 2 hours, chopped.

Process sunflower seeds and bananas through a champion juicer with no plate (grate). Mix all ingredients together in a large bowl. Spoon dough on a dehydrator tray with a teflex sheet and form into small round cookie. Place cookies close together on the sheets. Dehydrate at 105 degrees for 4 hours, turn cookies over and remove teflex sheet. Continue dehydrating until desired moisture is obtained, approximately 3-5 hours.

From [www.rawtimes.com](http://www.rawtimes.com)

### Paleobars III

-----  
Tools needed: food processor, bowl, spoon, muffin tins, freezer, food dehydrator or warm oven.

- 4 Large Bananas\*, peeled
- 10 Large sticky dates, pitted. I use Black Sphinx from Arizona Date Gardens in Phoenix, AZ USA

7 Large Medjool dates, pitted  
1/2 Small Lemon, juice only from  
2 Medium Apples, cored & diced (I used Fuji)  
3 C Coconut, dried, unsweetened, medium shred  
1/2 tsp. vanilla extract (omit if strict Paleo)  
1/2 tsp. sea salt, optional  
1/2 tsp Vitamin C as ascorbic acid (omit if strict Paleo)

Whip the whole mess up in a food processor till smooth, pour into the bowl and then fold in:

1 C Almonds, shelled, roasted slightly  
1 C (scant) Hazelnuts/Filberts, shelled, roasted slightly  
1/2 C Pistachio meats, dry roasted  
1/4 C Pumpkin seeds, hulled, roasted slightly

Whole nuts are great for texture & crunchability, but I suppose chopped would do fine as well.

Coat muffin tins with coconut oil and spoon in the batter-like mixture till about 3/4 full. Freeze the filled tins, then pop out the frozen slugs and place gently on the rack of a food dehydrator. Dry for 24 hours at the "Fruit" setting, maybe 145 deg. F, then let cool. Store in tins and try not to eat all at once. Drink lots of water after eating.

Makes about 18 tough little chewy biscuit-like cakes.

\* If allergic or sensitive to latex, one might omit the bananas & substitute some other sweet, sticky fruit.

From: alexs on the PaleoFood list

#### Blueberry Cookies

---

2 cups Blueberries  
2 cups Almonds (soaked overnight and blanched)  
1 cup soaked raisins (small cup)

Blend till the crumby consistensy, use a spoon to spoon the batter out on a dehydrator plastic tray. Dehydrate for 24 hours or until dry (do not overdry) at the temperature of 105 F. Turn them over in 8-12 hours or when you see that one side is dry enough.

#### Walnut Apricot Cookies

---

2 cups Walnuts soaked overnight  
1 cup Sweet and sour dried or fresh apricots

1 cup soaked Raisins (small cup)

2 overripe bananas

Blend till the crumby consistensy, use a spoon to spoon the batter out on a dehydrator plastic tray. Dehydrate for 24 hours or until dry (do not overdry) at the temperature of 105 F. Turn them over in 8-12 hours or when you see that one side is dry enough. Experiment with your favorite nuts, seeds and fruits. It is always good to use a combination of a fresh fruit and some dried soaked fruits with nuts. For veggie/'salty' crackers use sunflower seeds, they tend to give some salty flavor when dried. Of course, you may use any other soaked nuts/seeds.

From [www.rawtimes.com](http://www.rawtimes.com)

#### Wild Strawberry Fruit Leather

---

Add 1/2 Tbsp of honey to each cup of wild strawberries. Bring just to a boil, cool, and process thru a food mill. Pour no more than 0.2 inches (5mm) thick onto a Teflon cookie sheet. Heat in oven at lowest setting for 6-7 hours. When leathery, roll and seal in plastic wrap. Stores well at any temperature.

From [\\_Edible Wild Plants:A North American Field Guide\\_](#) by Elias & Dykeman.

#### Fruit Leather

---

2 large pears

3 small fuji apples

1 t cinnamon

Clean, core and dice pears and apples. Place in a blender and add a small amount of purified water and cinnamon, process for approx. 30 seconds. Pour mixture on teflex sheets and place trays in dehydrator. Dehydrate for 6-8 hours, remove teflex sheets and flip fruit leather over. Continue dehydrating until desired moisture is obtained. You can make a fruit leather using any fruit and any combination and amounts.

From [www.rawtimes.com](http://www.rawtimes.com)

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## [PaleoFood Recipe Collection Contents](#)

## Dried Meats: [Jerky](#) and [Pemmican](#)

For [Marinades and Dry Rubs](#) see chapter near beginning.

### **Jerky**

Hans' Jerky

-----  
My main food is jerky made from ordinary ground meat ("organic" 10 % fat, or game) as I buy it in the shop (sometimes frozen). I mix cautiously with a little olive oil and seasoning (herb) or grated raw carrots. NO SALT. Then I just spread "meatballs" onto the dehydrator wire mesh with the help of a fork. Dry at 30 degrees C (=centigrades). Can be stored (above the fridge) for at least a month without any spoilage.

Cheap, easy, practical, tasty!

From: Hans Kylberg

Hans' Recipe for Dried Meat

-----  
You can certainly dry meat in any dehydrator. In fact it is easier than most veggies/fruits. Just cut thin slices, or do as I do: Buy lean ground meat, mix with herbal spices (such as thyme), and smear with a fork directly on tray mesh, making flakes 1 - 2 inches across and 1/16 - 1/8 inch thick.

From: Hans Kylberg

Basic Beef Jerky

-----  
Use lean beef with as much of the fat trimmed off as possible. (Actually, just about any meat should work -- the original recipe calls for buffalo.)

Cut into strips about 1/8" thick and 1" wide. (I tend to cut mine a little thicker. Doesn't really matter, just be consistent.)

Marinate strips in sauce for at least 30 minutes. This gives it a slightly salty taste and helps bring out the flavor when dried.

"Jerk" or pull strips lightly and lay out on an ungreased cookie sheet in a single layer.

Set oven at the lowest temperature, and keep it propped open while drying the meat. It should not get above 140-150F during the drying process. If you have a gas stove, you might be able to get away with the heat generated from the pilot light.

Dry the meat until it is tough and chewy. The original recipe

says 12 hours or overnight, but I've found that around 4 hours is sufficient in my oven. The drying time is really dependent on your oven. I suggest testing a small piece every hour or so until it gets to the right consistency.

DO NOT over-dry the meat. It tends to powder and loses flavor if it's over-dried.

I've experimented with spices a little - I've found that a mix of curry powder, cumin, garlic powder, turmeric, and white pepper adds quite a punch to the flavor. After marinating, coat the meat on ONE side ONLY with the spice mix and then place on the cookie sheet.

(Since curry is rather over-powering, dipping both sides loses the meat jerky flavor and all you taste is spice.)

The jerky keeps very well in an airtight container, or it can be frozen (make sure it's very airtight).

(The basic recipe is from The Frugal Gourmet Cooks American)

From: the rec.food.recipes archives

### Beef Jerky recipe

---

For each pound of meat:

1 tsp. salt

2 tsp. FRESH black pepper - Fresh flavor is important!

3 tsp. marjoram

Garlic powder - Optional

Sprinkle above ingredients onto a \*THICK\* steak. Pound in with mallet. Cut beef into strips and lay on oven rack with aluminum foil underneath to catch drips (If available, an arrangement like a roasting pan is perfect. Heat oven to 150 degrees F and open oven door slightly to allow water to escape. Cook 7 to 8 hours, or until the meat is dry and slightly brittle -- It should "splinter" when bent.

From: rec.food.cooking

### Jerky

---

We've made Jerky for years from beef and venison, and I believe this will work for almost any kind of meat.

We cut the meat into thin strips, the thinner the strips the crunchier the jerky comes out, maybe 1/4" thick will make chewy jerky. By the way, cut all the fat off the meat as you're stripping.

Lay out the strips on a cookie sheet lined with foil, turned up at the edges so juice won't get over everything. Lay out in rows and a single layer. Sprinkle liberally with black coarse ground pepper, or spices that you like the taste of.

Set the oven to WARM, and leave in the oven overnite, or 8-10 hrs. This causes very slow drying. Store in a plastic container, jar, or can after well cooled. Too much moisture left in the meat will cause mold, and

putting it away while warm will cause sweating inside the container.  
From: moynes\_r@qis.dofasco.ca (Richard Moynes) in rec.backcountry

## Jerky

---

To make jerky, take a raw piece of beef round or chuck, quite lean and slice it thin, across the grain. Lay the slices across the racks of the dryer for two days and nights -- test it by breaking a piece, it is dry enough when it cracks in two when you break it. The smaller and thinner you cut the pieces of meat before drying them, the quicker they will get tender as you soak and cook them  
(remember, its easier to slice thinly if the steak is partially frozen)

One pound of sliced beef dries to 4 ounces of jerky, making  
A ratio of undried to dried meat of about 4:1.

Before drying the meat, you can season it with some combination of the following spices: paprika, pepper, salt, or other concoctions. Garlic is wonderful on jerky. I recommend rubbing the meat with cut cloves of garlic before slicing it.  
A marinade will change the taste slightly, and cause the meat to take longer to dry. Marinating tenderizes the meat however.

From: THE HUNGRY HIKERS BOOK OF GOOD COOKING, by GRETCHEN McHUGH

## General Jerky Method

---

All recipes use 1 lb lean meat, thinly sliced. (3/16-1/4 in thick)  
In a small glass bowl, combine all ingredients except meat. Stir to mix well. Place meat 3-4 layers deep in a container, spooning sauce mixture over each layer. Cover tightly and marinate 6-12 hours in the 'fridge, stirring occasionally and keeping the mixture covered.  
I can't really help with drying instructions, but i'd say somewhere between 7-10 hours, depending on how you like it.

From: rec.food.preserving

## Salmon Jerky

---

I slice the filets in 1/2 cm thin slices leaving the skin on (most of the oil is underneath the skin so you don't waste it neither oxydise it that way ) put in the drier at body temperature and dry hard for storage and half dried for delicacy to eat on the spot.

No need for anything else that will spoil the taste that is superb on its own especially with coho or sockeye (the best species of salmon).

Dried that way the salmon keep its "instinctive stop" sharp and clear. If your body metabolism don't want salmon you will know it clearly if it want it the taste is sublime.

When you season you can bypass this instinctive response and eat something

that will become a burden on your metabolism.

I am under the impression that putting salmon in Brine or lemon juice or whatever which interfere in the osmotic balance between inside and outside of the cells, will use up Enzymes as well as heat, triggering all kinds of chemical reactions altering the original nutrient content. By adding honey or sugar even more so (proteins and sugars combine)

The oil is highly oxydable, so to store dry salmon keep in air tight jar inside the fridge in darkness.. (it is why it is so important to leave the skin on while drying .

Once dried insert a round ended knife between the skin and the flesh, you can easily separate the two and scrape the skin to get the fat layer. (The best when you need that kind of fat.)

From: jean-claude on the PaleoFood list

## Pemmican

Chicken Pemmican

-----  
Dry chicken in dehydrator, process in food processor; add melted coconut butter/oil and put in paper muffin cups. I freeze these so I won't eat them all at once.

From: Susan Carmack

Coconut Oil Pemmican

-----  
Susan Carmack wrote:

>I think I ate too much pemmican with coconut oil last night!  
>But it tastes so good!

Yes it does. It is the most delicious dish I have ever had.

I mix in some thyme or dried lingonberries. Yum.

I can't resist it, so I eat too much.

From: Hans Kylberg on PaleoFood list

Pemmican

-----  
2 cups buffalo jerky or beef jerky, shredded

1 cup dried chokeberries or tart red cherries, chopped

6 TBSP tallow (beef fat)

Combine all ingredients and form into 6 patties. Refrigerate until serving.

From: dgkmom@pinn.net (Diane Karnbach)

Pemmican, According to Ray

-----  
I make pemmican by grinding up several lbs of dehydrated eye of round slices with a handfull of dried cherries in a food processor or blender (or between rocks if you're a purist). The meat should dried until brittle to facilitate grinding and eliminate any moisture which could facilitate bacteria or mold. To this I add tallow until the dried meat is totally saturated. It's then done. Total time (apart from dehydrating meat) 15 minutes.

I save tallow from broiling (cheap) hamburger during the previous week. I leave the broiling pan in the oven after the burgers are done for about 10 minutes at 350 then leave it in the warm oven until I do the dishes. I then strain out the tallow into a bowl. As it now contains no water, it dries hard and white (it can be substituted for wax in making candles). If kept dry, pemmican will keep longer than you will live. Beware of condensation in airtight containers. I keep mine in a cassarole dish with a loose fitting glass lid on top of (not in) the refrigerator.

From: Ray Audette

Author "NeanderThin: A Caveman's Guide to Nutrition"

MMMM----Meal-Master

Title: Hudson Bay Company Pemmican

Categories: Canadian, Info, Camping, Preserving, Meats

Servings: 1 info file

"There is little object in travelling tough just for the sake of being tough." - The Governor and Company of Adventurers of England Trading into Hudson's Bay, an early employee manual.

Pemmican: pound a quantity of jerky until shredded. Cut fresh fat into walnut sized hunks and try out over a slow fire or in an oven. Pour the hot fat over the shredded jerky and mix into a sausage meat like consistency [a 50/50 mix]. Pack mixture into waterproof bags. Add dry berries if desired; do not salt. It takes 5 lb of meat to make 1 lb jerky so pemmican isn't overly fatty, just concentrated.

From Wilderness Cookery by Bradford Angier of Hudson Hope, B.C., published by Stackpole Books, 1961

Also:

Preserving game meat, not jerky: Cut meat into large strips, make a rub of 3 pounds salt, 4 tb allspice and 5 tb pepper. Drape over wire and air dry one month. Slice thin and eat raw or use in stews.

From Wilderness Cookery by Bradford Angier of Hudson Hope, B.C., published by Stackpole Books, 1961

Pemmican: try adding dried apricots, ground walnuts, allspice or orange peel to the mix. Small seasoned pemmican balls make interesting appetizers.

From The Complete Hunter Venison Cookery, Cowles Creative Publishing  
Posted to rec.food.preserving by Jim Weller on 31 Jan 99

MMMM-----

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## PaleoFood Recipe Collection Contents

# Pemmican Manifesto

From: Kent Multer

This is the text of the first draft that I sent a few weeks ago, with updates marked. Note that there are also a few new questions that came up. Feel free to email me any additional answers or other thoughts.

## INGREDIENTS

-----

\* Raw red meat. Eye round roast is widely recommended.

UPDATE: Also rump steak and London broil.

\* Suet: this is a particular type of beef fat. Other types will not work correctly, so be sure you get the right stuff.

UPDATE: At least one reader has used other types of fat successfully, although he says the shelf life may not be as long. One person suggested that lamb fat would work, but hadn't actually tried it.

## QUESTIONS:

1. Is "tallow" the same as suet, or is this a more generic term for animal fat?

2. Also, what about lard? Ray's recipe in the archive uses the words "lard" and "tallow" as if they are equivalent; but in another message, he said that lard is pork fat and will not work correctly.

\* Flavorings (optional). Salt, pepper, garlic, and dried fruit or nuts are sometimes used. One person recommended sage. If using salt, go easy on it.

UPDATE: Traditionally the dried fruit was cranberries. But commerical ones are now high in sugar. People have recommended dried cherries.

LATE UPDATE: According to the instructions that came with my dryer, you should use at least 1 tsp. of salt per pound of meat in order to prevent bacteria growth.

You will need about 60% meat, 40% suet -- these measurements are by weight, after preparation. If you have extra of either, you can save it for the next batch.

NEW QUESTION: someone asked how you would save the extra. The meat, I presume, can be stored at room temp. like jerky. Is the suet equally stable?

## PREPARING THE MEAT

---

Slice and dry as you would for jerky; it must be dry enough to break rather than bend. Break it up by hand or with a food processor. Some people like it powdered, some prefer a more granular texture. Add the spices or other flavorings, if any.

NEW QUESTION: Other than with a food processor or blender, how do you grind the meat? with some kind of knife, mallet, mortar & pestle, etc.?

## PREPARING ("rendering") THE SUET

---

This is the part of the process about which there is the most confusion. Apparently the idea is to remove the skins or rinds, as well as any water.

UPDATE: re removing water: one person recommends actually adding some water at first, to prevent burning. During cooking, the water settles to the bottom and boils away. You can see the little blobs of water at the bottom of the pan; it's done when they're gone.

Cut the suet into small chunks, and heat it in a pan over LOW heat -- don't let it get hot enough to smoke, as it may give the pemmican a bad taste.

UPDATE: -- and have other unpleasant side effects such as adding impurities to the food, annoying your spouse, etc.

The best explanation I found for this process was from Bob Baldwin on Oct. 30. He wrote:

```
>This process take a while
>and you will end up with melted fat and brown globs of stuff (it's
>not a gross as it sounds). Pour the whole works through a sieve into another
>pan (I got a large sieve at Target - it doesn't need to be giant) and
>discard the globs -- I use a coffee can. I then pu a couple of layers
>of cheese cloth in the sieve and filter the fat again. Now you have the
>fat.
```

## QUESTIONS:

1. What about removing moisture? Does it settle to the bottom of the pan, so that it's easy to separate? Or does it just boil or evaporate away?
2. Ray's book says to "render" the suet twice -- "render" apparently means the whole process of heat, filter, and cool. Is twice really necessary? (Bob doesn't think so, and the recipe in the archive doesn't call for it.)

UPDATE: another person says one rendering is enough.

## FINAL PREPARATION

-----

Let the suet cool until it is cool enough to touch but still liquid. Pour it onto the meat slowly and mix it in until all the meat is "just saturated" (Ray) or "about the consistency of fudge" (Bob). Fill muffin tins with it, or roll it out into a sheet and cut into cookie-size chunks. When cool, it should be firm, although still a bit greasy to the touch; so wrap it in foil, plastic, or something else that the fat won't soak through. Properly made, it should keep for years at room temperature.

---

## **PaleoFood Recipe Collection Contents**

## Pâté: Chicken, Other Meat, Fish, Vegetable

**Schmalz is the oil of choice for such dishes as chopped chicken liver.**  
See [Rendering Fats chapter](#) for instructions.

### Chicken-Macadamia Paté with Basil

-----  
2 poached, skinless chicken breasts  
1 cup macadamia nuts  
1/2 cup homemade mayonnaise  
1 medium onion, diced  
1 Tbsp minced garlic  
3 to 4 Tbsp fresh minced basil  
salt, pepper  
dill

Cut up chicken breasts, place in food processor. Add nuts; pulse until assimilated. Add mayonnaise (more if you want it less firm, as a spread). Blend in onion, garlic, and basil. Add salt, pepper, and a bit of dill to taste. I've actually never put dill in and don't think I've missed it, but I sometimes go for extra basil.

Chill for at least an hour. Good in tomato shells.

From: Andrea in <rec.food.cooking>

### Liver Pate

-----  
Chicken fat (just pull the fat from the thighs or legs or any where you see the yellow fat attached to the skin). About a half hand full.  
1 onion finely chopped, plus 2 or so minced for garnish  
1 pound chicken livers  
2 hard boiled eggs, plus 2 for garnish

Render the chicken fat over medium heat in a frying pan-DO NOT brown the fat, just cook very slowly until the fat has been cooked out of the chicken skin. Discard the skin. Gently boil the livers and cool-save some of the liquid. Saute the onions in some of the chicken fat. Cool. Everything should be cool before processing. Put all ingredients EXCEPT cooled fat into a food processor and mix. Slowly add the fat and some of the reserved broth from the livers to desired texture. Salt and pepper to taste. Serve with the additional onions and chopped, boiled eggs.

From: Jan in <rec.food.cooking>

## **PaleoFood Recipe Collection Contents**

## **Sausage Recipes - (Fresh, Smoked)**

Sausage means ground pork or a mixture of 1/3 ground pork and 2/3 any other kind of meat. Classic sausage is made of pork trimmings, 1/3 fat to 2/3 lean. Or of ground beef and pork mixed which is bologna, or of lamb, mutton, or goat bound with 1/3 pork to help hold it together and improve flavor. It can also be made of part liver which gives you liver sausage. Old Fashioned Recipe Book by Carla Emery.

### **Other sites worth visiting:**

<http://soar.berkeley.edu/recipes/meat/sausages/indexall.html>

<ftp://ftp.stuffers.com/pub>

### **Fresh (alphabetical)**

----- Recipe

Title: Boudin Blanc (Sausage Making)

Categories: Sausages, Pork

Yield: 3 sausages

3 ea 3ft hog sausage casing  
3 lb Boneless lean pork  
4 c Coarsely chopped onions  
1 md Bay leaf, crumbled  
6 Whole black peppercorns  
5 ts Salt  
1 c Green pepper, coarse chop  
1 c Parsley, coarse chop  
1/2 c Green onions, coarse chop  
1 tb Finely chopped garlic  
2 1/2 c Freshly cooked white rice  
1 tb Dried sage leaves  
2 1/2 ts Cayenne  
1/2 ts Fresh ground black pepper

Boudin is the French term for the blood sausage, or "pudding," made with the blood of the pig. Boudin blanc is a white sausage made with pork but no blood. This Louisiana version adds rice and is even whiter.

Makes 3 sausages, each about 30 inches long.

Trim off excess fat from pork and cut into 1 1/2 inch chunks

Place the sausage casing in a bowl. Pour in enough warm water to cover it and soak for 2 - 3 hours, until

it is soft and pliable.

Meanwhile, put the pork in a heavy 4-5 quart casserole and add enough water to cover it by 1 inch. Bring to a boil over high heat and skim off the foam and scum that rise to the surface. Add 2 cups of onion, the bayleaf, peppercorns and 1 tsp salt. Reduce heat to low and simmer, partially covered, for 1 1/2 hours.

With a slotted spoon, transfer the chunks of pork to a plate. Put the pork, the remaining 2 cups of onions, the green pepper, parsley, green onions and garlic through the medium blade of a food grinder and place the mixture in a deep bowl. Add the rice, sage, cayenne and black pepper and the remaining 4 tsp of salt. Knead vigourously with both hands, then beat with a wooden spoon until the mixture is smooth and fluffy. Taste for seasoning.

To make each sausage, tie a knot 3 inches from one end of a length of the casing. Fit the open end over the funnel (or "horn") on the sausage making attachment of a meat grinder. Then ease the rest of the casing onto the funnel, squeezing it up like the folds of an accordion.

Spoon the meat mixture into the mouth of the grinder and, with a wooden pestle, push it through into the casing. As you fill it, the casing will inflate and gradually ease away from the funnel in a ropelike coil. Fill the casing to within an inch or so fo the funnel end but do not try to stuff it too tightly, or it may burst. Slip the casing off the funnel and knot the open end. You may cook the sausages immediately or refrigerate them safely for five or six days.

Before cooking a sausage, prick the cawsing in five or six places with a skewer or the point of a small sharp knife. Melt 2 Tbsp of butter with 1 Tblsp of oil in a heavy 12 inch skillet set over moderate heat. When the foam begins to subside, place the sausage in the skillet, coiling it in concentric circles. Turning the sausage with tongs, cook uncovered for about 10 minutes, or until it is brown on both sides.

Posted by Paul A. Meadows to rec.food.recipes

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----- Recipe

Title: Boudin (Sausage Making)

Categories: Sausages, Pork

Yield: 1 sausage

1 lb Hog or beef blood (1pint)  
1/2 lb Hog fat  
1/4 ts Salt  
1/4 ts Pepper  
1/2 ts Cayenne  
1/2 Garlic clove  
2 Onions

Mince the onions fine and fry them slightly in a small piece of the hog fat.

Add the minced garlic. Hash and mince the remaining fat very fine and mix it thoroughly with the beef blood. Mix the onions, spices and herbs. When all mixed take the prepared casings or entrails and fill with the mixture, being careful to tie the casing at the further end before attempting to fill. Then

tie the other end making the sausage into strings of about two feet. Wash them thoroughly on the outside after filling and then tie again in spaces of about three inches or less in length, being careful not to make too long.

Place them to cook in a pot of tepid water never letting them boil as that would curdle the blood. Let them remain on the slow fire till you can prick the sausage with a needle and no blood will exude. Then take them out, let them dry and cool

Boudins are always fried in boiling lard. Some broil them, however.

Posted by Paul A. Meadows to rec.food.recipes

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----- Recipe

Title: Bratwurst (Sausage Making)

Categories: Sausages, Pork, Veal

Yield: 3 lbs

3 Ft small hog casings  
-(1-1/2-inch diameter)  
1 1/2 lb Lean pork butt, cubed  
1 lb Veal, cubed  
1/2 lb Pork fat, cubed  
1/4 ts Ground allspice  
1/2 ts Crushed caraway seeds  
1/2 ts Dried marjoram  
1 ts Fresh ground white pepper  
1 ts Salt, or to taste

1. Prepare the casings.
2. Grind the pork, veal, and pork fat separately through the fine blade of the grinder.
3. Mix the ground meats and grind again.
4. Add the remaining ingredients to the meat mixture and mix thoroughly.
5. Stuff the mixture into the casings and twist off into four- or five-inch lengths.
6. Refrigerate for up to two days. The bratwurst can be pan fired or grilled over charcoal.

Posted by Paul A. Meadows to rec.food.recipes

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### Breakfast Sausage

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Amount	Measure	Ingredient	Preparation Method
1	lb lean	pork and veal	cubed
1/2	lb clean	pork fatback	cut into small cubes
	large dash	Hickory Smoked Salt	
1	tsp	sage	
	lots	black pepper	
		maple syrup, optional	

The secret to good sausage is to keep everything cold, including the meat grinder.

Mix all ingredients together in a bowl which is sitting in a bowl of ice. Grind together on the coarsest setting, twice. Make a patty and fry it to taste, then reseason quickly. Put away immediately in a cool place.

If you like sausage sweet, add some maple syrup. If you like it really

hot, add some red pepper.

Author: Sheri McRae Forum: rec.food.recipes

### Breakfast or Country Sausage

---

10 pounds pork shoulder

4 Tb. salt

1 1/2 Tb. white pepper

2 1/2 Tb. sage

1 Tb. nutmeg

1 Tb. thyme

1 1/2 tsp. ginger

1/2 Tb. cayenne pepper

2 Cups ice water

Trim the fat off the pork shoulder, if you like lean sausage, or leave it on if you like more flavor. Always make certain that your meat is free of bone and glands. Limpy likes the 1/8" grinding plate, and recommends grinding the meat only once. To the ground meat, mix in the dry spices first. Then add the ice water. Mix thoroughly. Bulk sausage is easily made into patties, or you can use 22-24mm lamb casings for the challenge of making link sausage. They usually cost between \$25.00 - \$35.00 per hank (bundle), and can stuff approximately 55 Lbs. of meat. Wrap the finished product in freezer paper for long term storage, or fry some up right now for a real treat!

From: Panhead. posted to many newsgroups

### Country Sausage (a.k.a. Breakfast Sausage)

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The way I have been making it lately is to use pork butt roast, cutting out the bone and about half of the fat. I cube the meat, salt it, pepper it with coarse ground pepper, and put sage on it. I mix up this and give it a grind. After grinding, I let it sit to meld the flavours, mix it up again, and either put it into patties, or stuff casings with it. Either way, it is tasty. I almost forgot, someone recommended savory as well, and I will try that the next time I find time to make sossaj.

From: Eddie Van Huffel in rec.food.cooking

### Cabbage Sausage

---

10 lb coarsely ground pork shoulder

10 lb coarsely ground cabbage

2-3 lb onion

Paprika to colour

Salt and pepper to taste

Mix well and stuff into casings. Tie off at 4" intervals.  
Can be frozen. Can add 1 hot pepper.  
Traditionally served as sandwiches on Christmas eve.  
From: Dan Aleksandrowicz's parents. Forum:rec.food.recipes

----- Recipe

Title: Chaurice (Cajun Pork Sausage Making)

Categories: Sausages, Pork, Cajun

Yield: 6 lbs

3 Yd small sausage casing  
- (about 1 inch wide)  
4 lb Lean fresh pork  
2 lb Fresh pork fat  
2 c Very finely chopped onion  
4 ts Very finely minced garlic  
1 ts Cayenne  
1 ts Chili powder  
1 ts Crushed red pepper pods  
2 2/3 tb Salt  
2 ts Fresh ground black pepper  
2 ts Dried thyme  
5 tb Fine minced fresh parsley  
3 Whole bay leaves,  
- crushed vey fine  
1/2 ts Allspice

This creole pork sausage is a local favorite dating well back into the nineteenth century. Its firm texture and hearty, spicy flavor make it an excellent accompaniment to red or white beans and rice or grilled as a breakfast sausage.

Prepare sausage casings by soaking them in cold water for an hour, then running cold water through them. Cut off a 3 yard length. Repack the rest and refrigerate for later use.

Cut the pork and fat into small pieces with a sharp knife. Mix together and run once through the coarse blade of the meat grinder, placing a large bowl in front of the grinder to catch the meat. Add seasonings and mix vigorously with a wooden spoon or large stiff wire whisk until stuffing is fluffy and very smooth.

Cut casing into 16 inch lengths and stuff.

To cook, place in a large heavy skillet or saute pan with about 1/4 inch cold water. Bring to a boil over high heat, cover the pan, then reduce heat to low and cook for about 15 minutes. Uncover, raise heat to medium and cook until sausage is well browned on all sides, about 10 minutes longer, turning frequently with tongs. Drain on paper towels. Allow one chaurice per person.

Posted by Paul A. Meadows to rec.food.recipes

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----- Recipe

Title: Chaurice(2) (Cajun Pork Sausage Making)

Categories: Sausages, Pork, Cajun

Yield: 3 lbs

2 lb Boneless pork shoulder,  
-cut in cubes or strips  
3/4 lb Chilled pork fat,  
-cut in cubes or stripes  
1 lg Onion, chopped coarsely  
2 Cloves garlic, fine chopped  
1 1/2 ts Crushed dried red hot pepper  
1 1/2 ts Salt  
1 ts Fresh ground black pepper  
1 ts Ground red pepper (cayenne)  
1 ts Crumbled leaf thyme  
1/2 ts Ground allspice

Heat sausage casings soaked and rinsed. (med. grind)  
grind pork and pork fat  
and place in large mixing bowl. Add onion, garlic,  
parsley, red pepper, salt,  
and pepper, cayenne, thyme, and allspice. Mix well.  
Refrigerate for at least  
12 hours stirring once or twice to allow flavor to  
develop. Grind mixture and stuff in hog casings, twist  
or tie off in 4 to 5 inch links.

COOK: the sausage immediately or refrigerate them for  
up to 4-5 days or freeze  
for later.

Posted by Paul A. Meadows to rec.food.recipes

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----- Recipe

Title: Chaurice(3) (Cajun Pork Sausages Making)

Categories: Sausages, Pork, Cajun

Yield: 2 .5 lbs

1 1/2 lb Lean pork, trim of fat  
2/3 lb Fatback  
-or hardest pork fat avail  
1 c Finely chopped onion  
1/2 c Finely chopped parsley  
1 1/2 tb Finely minced garlic  
2 tb Hot red chiles, fine chop  
-or 1ts dried red pepper  
2 1/2 ts Cayenne pepper  
2 ts Dried thyme  
1/2 ts Allspice  
1 tb Salt, if desired  
1/8 ts Saltpeter, optl  
6 Prepared sausage casings

Grind the pork and pork fat using a meat grinder.

Add the onion, parsley, saltpeter and spices.

Test the mixture by making a small patty and cooking it. Adjust seasonings if need be.

Put the mixture through the meat grinder a second time.

Stuff the sausage casing.

When ready to cook, prick the sausages all over with a fork to prevent bursting. Fry in a little oil.

Posted by Paul A. Meadows to rec.food.recipes

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----- Recipe

Title: Chaurice (4) (Creole Pork Sausage Making)

Categories: Sausages, Pork, Cajun

Yield: 7 lbs

7 lb Fresh pork  
2 lg Onions, chopped  
1 Clove garlic, crushed  
2 tb Salt  
2 ts Fresh ground black pepper  
1 ts Crushed chili pepper  
1/2 ts Paprika  
1/2 ts Cayenne pepper

3 Sprigs parsley, chopped  
1/2 ts Allspice  
1/4 ts Powdered bay leaf  
5 Yd sausage casing

Grind the pork using the coarse knife of a meat grinder. Add the onions and the garlic and regrind. Add the seasonings and mix thoroughly.

Remove the cutting blades from the grinder and attach the sausage stuffer. Attach casing as in basic sausage recipe. Refeed the mixture into grinder and through the sausage stuffer.

Posted by Paul A. Meadows to rec.food.recipes

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----- Recipe

Title: Chaurice(5) Hot (Cajun Pork Sausage Making)

Categories: Sausages, Pork, Cajun

Yield: 1 lbs

1 Jalapeno, stem/seed, mince  
1/2 ts Cayenne powder  
1/4 ts Crushed red chile  
1 1/2 lb Ground pork  
1/2 c Finely chopped onion  
1 Clove garlic, minced  
1/2 ts Ground black pepper  
1 tb Fresh parsley, minced  
1/2 ts Salt  
1 sm Minced thyme sprig  
-or 1/4 tsp. dried  
1 sm Bay leaf, crumbled  
Pn allspice  
Pn mace

Combine all ingredients and mix well. Stuff casings and form any length links desired. Refrigerate up to 3 days for flavors to blend. Cook the sausages in your preferred manner and serve them as a spicy accompaniment to pinto beans and corn bread or with a heap of steaming grits. This Southern favorite can be grilled as a breakfast or dinner sausage and is the classic sausage of Jambalaya.

Posted by Paul A. Meadows to rec.food.recipes

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HERBED SAUSAGE

Recipe By : Gourmet Magazine  
Serving Size : 4 Preparation Time : 0:00  
Categories : Grilled

Amount	Measure	Ingredient
1	pound	ground pork
1 1/4	teaspoons	salt
1 1/4	teaspoons	sage
1/8	teaspoon	allspice

Season as above or to taste. Mix all ingredients. Chill overnight.  
Form into patties, cook in fry pan until done.  
From: Terry Taylor in rec.food.recipes

-----

Italian Sausage

2 lbs coarsely ground pork shoulder  
2 tsp salt  
1 tsp pepper  
2 Tbsp fennel seed  
1/2 can water  
1-2 tsp ground hot pepper seeds

Soak fennel seed in water for 10 minutes or more.  
Mix fennel and water with pork. Mix in spices and stuff into casings.  
Tie off at 4" intervals.  
From: Dan Aleksandrowicz's parents. Forum:rec.food.recipes

ITALIAN SAUSAGE

Recipe By : Gourmet Magazine  
Serving Size : 1 Preparation Time : 0:00  
Categories : Grilled

Amount	Measure	Ingredient --
5	pounds	ground pork
1	tablespoon	coriander seed
1	tablespoon	parsley flakes

2	tablespoons	fennel seed
2	large cloves	garlic, -- minced
1	tablespoon	salt
1 1/2	teaspoons	fresh ground pepper

Blend seeds and parsley flakes in blender until fine. Mix all ingredients, chill over night. Crumble or shape into patties, cook in fry pan until done.

From: Terry Taylor in rec.food.recipes

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### ITALIAN SAUSAGE (Mild)

Recipe By :

Serving Size : 12 Preparation Time : 0:00

Categories : Italian Pork

Amount	Measure	Ingredient -- Preparation Method
5	pounds	Pork butt -- ground
5	teaspoons	Salt
5	teaspoons	Fennel seed
1 1/2	teaspoons	Crushed hot pepper
1 1/2	teaspoons	Pepper -- black
1	cup	-- Water

Combine all ingredients, mix well and stuff into hog casing or make patties. To cook, fry or bake.

The Sausage Making Cookbook, by Jerry Predika

Collection of Clarence Fontish

Posted by Art Poe to rec.food.recipes

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### Italian Sausage

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8 lb	Pork shoulder
2 tsp	Salt
1 tsp	Black pepper
4 tsp	Fennel seeds
4 tsp	Oregano
1 tsp	Garlic powder

Cut the pork into 1 1/2" cubes. Sprinkle combined seasoning on

pork and toss to distribute. Grind. Shape sausage into patties.  
From: Karl E. Moser (KE3NF) in rec.food.recipes

#### Italian Sausage

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Mix together:

1 pound ground pork  
1 medium onion, finely chopped  
1 small garlic clove, crushed

Combine and mix into pork mixture:

1/2 tablespoon salt  
1/2 teaspoon ground pepper  
1/2 teaspoon fennel seed  
1/4 teaspoon paprika  
1/8 teaspoon ground thyme  
1/8 teaspoon (or more) cayenne pepper

Shape into patties, meatballs, or stuff into casings.

Found on the Cookbook USA CD.

Posted by Betsy Couch to rec.food.recipes

#### Liver Sausage

-----  
Boil five pounds pork liver for one hour. Discard broth. Cover five pounds lean pork and five pounds pork skin with water. Add 3 bay leaves, 6 whole cloves, and 1 onion. Boil for 2 hours. Skim the fat from the broth. Remove the meat and cool the broth. Grind the liver and the meat. Add salt, pepper, and garlic, salt to taste. Add enough of the broth to moisten the mixture well. Stuff into casings and boil one hour. Keep in refrigerator or freezer. This recipe only makes enough to stuff about six casings. Don't smoke liver sausage.

From: Old Fashioned Recipe Book by Carla Emery.

#### Plain Sausage

-----  
Grind up pork trimmings. Season with salt, pepper, sage, and optional red pepper.

From: Old Fashioned Recipe Book by Carla Emery.

#### Polish Sausage

-----  
6 lb coarsely ground pork shoulder  
3 Tbsp and 1 tsp salt  
3 tsp Marjoram

4 cloves garlic  
1 1/2 tsp ground black pepper  
2 1/2 can water

Mix well and stuff into casings.

Tie off at 4" intervals. Can be frozen.

From: Dan Aleksandrowicz's parents. Forum:rec.food.recipes

MMMMM---- Recipe

Title: Polish Sausage

Categories: Pork

Yield: 12 servings

4 lb Pork butt  
1 lb Beef stew meat  
2 T Pepper, black; coarse ground  
1 T Marjoram leaves  
8 Garlic clove; pressed  
1/4 ts Allspice  
3 1/2 ts Salt  
1 c ;Water

Grind pork and beef very coarsely. Combine all ingredients, mix well and stuff into hog casing or make patties.

The Sausage Making Cookbook, by Jerry Predika

Collection of Clarence Fontish

Posted by Sam Waring to rec.food.recipes

MMMMM

Salami

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Salami is made from meats like wild meats or goat that might be though and needs grinding or often tastes like a wild meat you aren't used to. The spiciness covers the taste. don't use any fat from wild meat except bear since the others have the wild flavor concentrated in the fat. Wild sausage that's part pork or pork sausage makes a fine breakfast sausage. Wild meat is generally extremely lean. so you can combine it with really fatty pieces of pork and it will benefit. You can use 1/4 to one-third pork. Season, grind up. I just bag it up in baggies, tie with the wires and freeze. Each bag holds enough for a breakfast. When we have plenty of wild meat and pork I make it by the kettlefull. You can add black whole peppers after your grinding to make it authentic. Sage, allspice, garlic, ground cardamom seed, and onion powder are all good in it. After the meat is seasoned if

you want you can stuff it into casings. Smoke about 48 hours. Smoking is no substitute for cooking. Freeze it and cook it when you are ready for a sausage meal.

From: Old Fashioned Recipe Book by Carla Emery.

### Sicilian-style Hot Or Sweet Sausage

---

5 Feet med. (2-in diameter) casing  
4 1/2 lb Lean pork butt, cubed  
1/2 lb Pork fat, cubed  
2 1/2 Tbsp Salt, or to taste  
3 tsp Freshly coarse ground black  
3 tsp Fennel seed  
Crushed red pepper to taste  
2 Cloves garlic, finely minced  
1 tsp Anise seed (optional)

Prepare the casings. Grind the meat and fat together through the coarse disk. Mix the remaining ingredients together with the meat and fat. Stuff the mixture into casings and twist off into three or four-inch links. Refrigerate and use within three days or freeze.

Posted by Karl E. Moser (KE3NF) to rec.food.recipes

MMMM---- Recipe via Meal-Master (tm) v8.05

Title: Venison Sausage from Fred Goslin

Categories: Cyberealm, Wild game

Yield: 12 Pounds

8 1/4 lb Venison [ground]  
3 1/4 lb Bacon [ground]  
1 1/2 Tbsp Salt  
1 1/2 Tbsp Pepper  
1 1/2 Tbsp Poultry seasoning  
1/2 tsp Allspice  
1/2 tsp Sage  
1/2 tsp Nutmeg  
1 cup Water

Combine all of the ingredients, mixing well. 2) Shape into patties and fry in a skillet 'til brown on both sides. (sausage will be slightly pink on the inside) \*or\* It may also be stuffed in casings and boiled...

Source: Randy L. Riley, Carthage NY. from "Bill Saiff's Rod & Reel Recipes for Hookin' & Cookin' re-typed with permission by Fred Goslin on Cyberealm Bbs, home of KOOKNET in Watertown NY (315) 786-1120

From: the recipe collection of Fred Towner

MMMM

### Venison Hard Salami

5 lb venison without suet/fats OR hamburger  
5 tsp tender quick salt  
2 1/2 tsp coarse black pepper  
2 1/2 tsp garlic salt  
1 tsp hickory smoked salt/ liquid flavoring

Mix all ingredients in a pan. Keep refrigerated and covered. Mix well once a day for 3 days. On 4th day form in firm compact rolls and place on broiler pan. Bake 4 hours at 180 degrees. Turn rolls 3 times during baking. Salami may be cooked longer if you wish it to be firmer.

From: the recipe collection of Fred Towner

### Deer Sausage I

-----  
10 lb deer meat, lean  
10 lb pork, fresh, lean  
3 oz water  
1 oz pepper, black  
3/4 oz ginger, ground  
1 1/4 oz nutmeg  
1/2 oz allspice  
1/2 oz paprika  
2 tsp garlic powder  
12 oz salt  
1/2 lb dried milk  
2 1/2 tsp liquid smoke

Grind together the two meats, mix thoroughly. Add measured water. Mix spices thoroughly and mix well into meat mixture. If sausage is to be smoked, omit the liquid smoke. You may stuff sausage into casings, making 6-8" links, or make into patties for freezing.

To cook, place in a frying pan with a cover, adding water to the 1/3 mark on the sausage. Boil for 15 minutes covered, then remove. Drain most of the fat from the pan; replace sausage and brown. Make gravy in pan after sausage done.

From: the recipe collection of Fred Towner

### Deer Sausage Recipe

I got this from one of the Frugal Gourmet TV shows-- he made it with pork. I've tried it with antelope meat or deer meat. Excellent every time!!

Seasonings for 4 pounds ground meat (I get it ground with 2/3 game scraps 1/3 pork suet)

1 Tbls fennel seed, freshly ground- (I just put all dry spices in the blender and whirl for a while)

3 Bay leaves, crushed (I've left this out before, and it's still good)

3-4 Tbls minced parsley, fresh or dried

5 cloves fresh garlic minced

1/2 Tbls red pepper flakes (more or less depending on taste)

3 teas salt

3 Tbls freshly ground black pepper

Mix all together and refrigerate 24 hours before cooking so that flavors will blend. May use as bulk sausage or, if you happen to have a sausage casing machine, you could make links (I haven't been that ambitious)

We like to use this in spaghetti sauce, or it's great cooked up by itself for a main dish.

I also make regular breakfast sausage with deer meat, but I don't have a recipe. I use Morton Sausage Seasoning. I think that it's 99.9% paleo (has salt, sage, coriander and a few other spices), except for it also lists dextrose as an ingredient-- the seasoning doesn't taste sweet, so I consider it to be a very small amount. We like it, anyway.

These are good seasonings for any type of meat-- with the game meat, remember that it is very lean so you have to add other fat. The flavor is different with beef fat. We like the pork suet for sausage.

From: Julie Jarvis

## Smoked

Andouille

-----

Andouille is the Cajun smoked sausage so famous nationally today. Made with pork butt, shank and a small amount of pork fat, this sausage is seasoned with salt, cracked black pepper and garlic. The andouille is then slowly smoked over pecan wood and sugar cane. True andouille is stuffed into the beef middle casing which makes the sausage approximately one and a half inches in diameter. When smoked, it becomes very dark to almost black in color. It is not uncommon for the Cajuns to smoke andouille for seven to eight hours at approximately 175 degrees.

Traditionally, the andouilles from France were made from the large intestines and stomach of the pig, seasoned heavily and smoked. In parts of Germany, where some say andouille originated, the sausage was made with all remaining intestines and casings pulled through a larger casing, seasoned and smoked. It was served thinly sliced as an hors d'oeuvre.

It is interesting to note that the finest andouille in France comes from the Brittany and Normandy areas. It is believed that over half of the Acadian exiles who came to Louisiana in 1755 were originally from these coastal regions.

5 pounds pork butt  
1/2 pound pork fat  
1/2 cup chopped garlic  
1/4 cup cracked black pepper  
2 tablespoons cayenne pepper  
1 tablespoon dry thyme  
4 tablespoons salt  
6 feet beef middle casing (see butcher or specialty shop)

Cube pork butt into one and a half inch cubes. Using a meat grinder with four one quarter inch holes in the grinding plate, grind pork and pork fat. If you do not have a grinding plate this size, I suggest hand cutting pork butt into one quarter inch square pieces. Place ground pork in large mixing bowl and blend in all remaining ingredients. Once well blended, stuff meat into casings in one foot links, using the sausage attachment on your meat grinder. Tie both ends of the sausage securely using a heavy gauge twine. In your homestyle smoker, smoke andouille at 175-200 degrees F for approximately four to five hours using pecan or hickory wood. The andouille may then be frozen and used for seasoning gumbos, white or red beans, pastas or grilling as an hors d'oeuvre.

Posted by Karl E. Moser (KE3NF) to rec.food.recipes

Title: Andouille Sausage Making  
Categories: Sausages  
Yield: 6 lbs

1 1/2 Yd large sausage casing  
Approx (2-3 in wide)  
4 lb Lean fresh pork  
2 lb Pork fat  
3 1/3 tb Finely minced garlic  
2 tb Salt  
1/2 ts Fresh grnd black pepper  
1/8 ts Cayenne

1/8 ts Chili powder  
1/8 ts Mace  
1/8 ts Allspice  
1/2 ts Dried thyme  
1 tb Paprika  
1/4 ts Ground bay leaf  
1/4 ts Sage  
5 ts Liquid hickory smoke

Andouille was a great favorite in nineteenth-century New Orleans. This thick Cajun sausage is made with lean pork and pork fat and lots of garlic. Sliced about 1/2 inch thick and greilled, it makes a delightful appetizer. It is also used in a superb oyster and andouille gumbo popular in Laplace, a Cajun town about 30 miles from New Orleans that calls itself the Andouille Capital of the World.

Soak the casing about an hour in cold water to soften it and to loosen the salt in which it is packed. Cut into 3 yard lengths, then place the narrow end of the sausage stuffer in one end of the casing. Place the wide end of the stuffer up against the sink faucet and run cold water through the inside of the casing to remove any salt. (Roll up the casing you do not intend to use; put about 2 inches of coarse salt in a large jar, place the rolled up casing on it, then fill the rest of the jar with salt. Close tightly and refrigerate for later use.)

Cut the meat and fat into chunks about 1/2 inch across and pass once through the coarse blade of the meat grinder. Combine the pork with the remaining ingredients in a large bowl and mix well with a wooden spoon. Cut the casings into 26 inch lengths and stuff as follows: Tie a knot in each piece of casing about 2 inches from one end. Fit the open end over the tip of the sausage stuffer and slide it to about 1 inch from the wide end. Push the rest of the casing onto the stuffer until the top touches the knot. (The casing will look like accordian folds on the stuffer.) Fit the stuffer onto the meat grinder as directed on the instructions that come with the machine, or hold the wide end of the stuffer against or over the opeoning by hand. Fill the hopper with stuffing. Turn the machine on if it is electric and feed the stuffing gradually into the hopper; for a manual machine, push the stuffing through with a wooden pestle. The sausage casing will fill and inflate gradually. Stop filling about 1 1/4 inches from the funnel end and slip the casing off the funnel, smoothing out any bumps carefully with your fingers and being careful not to push the stuffing out of the casing. Tie off the open end of the sausage tightly with a piece of string or make a knot in the casing itself. Repeat until all the stuffing is used up.

To cook, slice the andouille 1/2 inch thick and grill in a hot skillet with no water for about 12 minutes on each side, until brown and crisp at the edges.

(about 6 pounds of 20 inch sausage, 3 to 3 1/2 inches thick)

Posted by Paul A. Meadows to rec.food.recipes

\* Exported from MasterCook \*

### Andouille Sausage

Recipe By : Chef John Folse

Serving Size : 10 Preparation Time : 0:00

Categories :

Amount	Measure	Ingredient -- Preparation Method
5	pounds	pork butt
1/2	pound	pork fat
5	cloves	garlic -- minced
1/4	cup	cracked black pepper
2	tablespoons	cayenne
1	tablespoon	thyme
4	tablespoons	salt
		sausage casings, beef or pork

Cube pork butt into 1/2 inch cubes. using a meat grinder, with 1/4 inch holes in the grinding plate, grind pork and pork fat. Place ground pork into a large mixing bowl and add remaining ingredients. Mix well to combine. Stuff into casings and tie into one foot links using heavy gauge twine. Place sausages into a smoker and smoke at 175 - 200 degrees for about 4 - 5 hours, using hickory or pecan wood. Andouille may then be frozen and used in gumbos, beans and rice, pastas, as hors d'oeuvre or grilled and eaten as a sandwich.

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NOTES: True Andouille is stuffed into the beef middle casing, which makes it about 1 to 1 1/2 inches in diameter. It is slowly smoked over pecan wood and sugar cane and will become very dark and almost black. It is not uncommon for the Cajuns to smoke Andouille for 7 - 8 hours at temperatures no higher than 175 degrees.

From: the recipe collection of Fred Towner

### Andouille Sausage

-----

8 lb Pork Butt -- cubed  
2 lb pork fat  
1/2 cup garlic -- no germ  
4 Tbsp salt  
1 tsp ground pepper

1/4 tsp cayenne  
1/4 tsp chili powder  
1/4 tsp mace  
1/4 tsp allspice  
2 tsp thyme -- chopped fine  
1/2 tsp sage -- dried

Combine dry ingredients. Mix with meat. Pass through large plate one time.  
Add liquid and mix well. Pipe into 12" links.

Posted by Karl E. Moser (KE3NF) to rec.food.recipes

----- Recipe

Title: Andouille(2) Sausage Making

Categories: Sausages, Pork

Yield: 5 lbs

4 lb Pork  
1 lb Tripe or chitterlings  
2 Garlic cloves  
3 Bay leaves  
2 lg Onions  
1 tb Salt (not iodized)  
1 tb Pepper  
1 ts Cayenne pepper  
1 ts Chili pepper  
1/2 ts Ground mace  
1/2 ts Ground cloves  
1/2 ts Ground allspice  
1 tb Minced thyme  
1 tb Minced marjoram  
1 tb Minced parsley

Pork should be approx 2 lbs fat and 2 lbs lean  
[usually Boston butt] The tripe is the inner lining of  
pork stomach and chitterlings (largest intestine) may  
be used instead. You can use an extra pound of pork  
instead of the tripe/chitterlings.

Chop, do not grind the meat. Mix with seasonings.

Stuff into casings. Age  
at least overnight and then smoke several hours using  
hickory, hackberry or ash. (Do not use pine.) Throw  
anything sweet, such as cane sugar or syrup, raw  
sugar, molasses, sugar cane or brown sugar on the  
wood before lighting.

Posted by Paul A. Meadows to rec.food.recipes

MMMM---- Recipe

Title: Hungarian Sausage

Categories: Pork, Sausages, Hungarian

Yield: 1 Servings

3 lb Pork butt, boneless - cut  
-into large pieces  
1 lb Beef chuck, cut into large  
-pieces  
1 lb Pork fat, fresh - cut into  
-large pieces  
10 Garlic cloves, peeled and  
-crushed (about 2 Tbsp)  
1 cup Water  
2 Tbsp Salt  
1/2 Tbsp Black pepper, freshly  
-ground  
3 Tbsp Hungarian paprika  
1 tsp Saltpeter  
1/4 tsp Cloves, ground  
1 Sausage casing, 1" diameter  
-- 10 feet

In a meat grinder, coarsely grind the pork, beef, and pork fat, in batches. Add all remaining ingredients, except the casings. Mix well and allow to sit while you clean the casings.

Rinse the casings thoroughly in cold water and run fresh water through them. Drain.

Using a sausage machine, a KitchenAid with a sausage attachment, or a sausage funnel, fill the casings and tie them off into about 16" lengths. Do not fill them too tightly as they must have room to expand when they cook.

Hang the sausages in a home style smoker and smoke them for about 1 hour. Do not allow the temperature of the smoker to go above 150 F. Remove the sausages and hang over a stick or dowel. Put the stick in a cool place and position an electric fan so that it will blow directly on the sausages. Allow them to dry for 2 days. They are ready for use.

Place them in the refrigerator, where they will keep well for about a week.

From: the recipe collection of Fred Towner

MMMM

----- Recipe

Title: Texas Hill Country Sausage  
Categories: Sausages  
Yield: 1 Servings

4 lb Pork butt with fat  
2 lb Beef chuck or round -- with  
Fat  
1 lg Onion -- minced  
6 Cloves garlic -- minced  
2 tb Fresh sage -- minced  
1 tb Salt  
1 tb Fresh ground black pepper  
2 tb Crushed red pepper  
1 ts Cayenne  
4 Yards  
Hog casings

Coarse grind the meat. Mix in seasonings. Refrigerate over night. Prepare casings. Stuff to 1" thick, 5" long and tie off. They can be frozen or refrigerated at this time

To smoke: rub sausages with oil. Don't over do it or they get messy and then turn to mush. Smoke at 225 for two hours with oak or mesquite until the skin looks ready to pop.

Recipe By: Smoke and Spice  
From: "Garry Howard"  
MM by Helen Peagram. Posted to rec.food.preserving

-----

----- Recipe

Title: Texas Smoky Links  
Categories: Sausages  
Yield: 1 Servings

2 lb Pork butt  
1 lb Beef chuck  
1 ts Ground coriander  
2 ts Ground cumin  
2 ts Chopped garlic  
1 tb Ground black pepper  
2 ts Red pepper flakes  
1/2 c Ice water  
4 ts Salt  
pn Ground allspice  
pn Ground cloves

Grind pork 3/8 plate-beef 1/4" plate- mix and stuff in hog casings - 8"links. Hot smoke to 155 degrees F or cold smoke at least 12 hours.

Recipe By: John "Smoky" Mitchell

From: "Garry Howard"

MM by Helen Peagram. Posted to rec.food.preserving

-----

MMMMMM----- Recipe

Title: Venison Sausage

Categories: Meats

Yield: 24 servings

5 lb Cubed venison

1 lb Cubed suet

3 Tbsp Salt

1 Tbsp Black pepper

1 tsp Red or cayenne pepper

1 tsp Paprika

1 tsp Sage

2 tsp Garlic powder

Sausage casings

After grinding & mixing the venison & suet with the seasonings, fry a small patty to check for taste. If it's too mild, add small amount of red pepper until proper taste is reached; if it's too hot, add more venison. Stuff in casings & smoke 28 to 30 hours.

From: the recipe collection of Fred Towner

MMMMM

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## PaleoFood Recipe Collection Contents

## Smoking Foods

Also see PaleoFood's [Smoked Sausages](#)

Also see: [The Meat Smoking and Curing FAQ](#)

And the [FAQ of the Internet BBQ List](#) is heavily oriented towards smoking

And the [BBQ Mailing List Survival Guide and Smoke-Cooking FAQ: Resources](#) is strong in links to equipment and suppliers

For questions ask in the newsgroup: [alt.food.barbecue](#)

### Woods

Subject: Re: Wood Types

Author: Michael Freeman

Date: 1998/08/12

Forum: alt.food.barbecue

the following: courtesy of Lloyd

#### BBQ WOODS

On the subject of BBQ woods, I have found the best results to be from nut and fruit bearing trees, cut down from 6 months to 2 years old. Like Oak, Hickory, Mesquite, Pecan, Peach, Pear, Apple, Apricot, & Maple to list a few. These are the safest types to use for cooking. I have found that wood over two years old tends to produce a dirty taste in the food more often than not. Wood can be cut down whole, and split after five or so months of seasoning. I recommend splitting three days or so before cooking with it.

=====

ALDER - Very delicate with a hint of sweetness. Hard to find commercially. Good with fish, pork, poultry and light-meat game birds.

=====

APPLE - Very mild with a subtle fruity flavor, slightly sweet. Good with poultry (turns skin dark brown) and pork.

=====

ASH - Fast burner, light but distinctive flavor, available white or

black. Good with fish and red meats.

=====

BLACK WALNUT - Very heavy smoke flavor, usually mixed with lighter wood like hickory or mesquite. Can be bitter if used alone. Good with red meats and game.

=====

CHERRY - Mild, fruity, but slightly bitter if it comes from chokecherry trees. Good with poultry, pork and beef (turns skin brown).

=====

GRAPE VINES - Tart. Provides a lot of smoke. Rich and fruity. Expensive. Good with poultry, red meats, game and lamb.

=====

HICKORY - Most commonly used. Sweet to strong, heavy bacon flavor. Good with pork, ham and beef.

=====

LILAC - Very light, subtle with a hint of floral. Good with seafood and lamb.

=====

MAPLE - Smoky, mellow and slightly sweet. Good with pork, poultry, cheese, and small game birds.

=====

MESQUITE - One of the hottest burning. Strong earthy flavor. Good with beef, fish, chicken and game.

=====

OAK - Lighter version of mesquite. Red oak is good on ribs, white oak makes the best coals burning longer. Good with red meat, fish and heavy game.

=====

ORANGE - Light and citrusy. Good with pork and game birds.

=====

PECAN - A cool burner. Nutty and sweet. Tasty with a subtle character. Good with steaks, ribs and cheese.

=====

HERBS & SPICES - Don't forget you can add soaked garlic, peppers, onions, herbs and spices directly to your fire. Good with all meats and vegetables.

You can use some woods green for cooking, but under no circumstances should you use green mesquite for smoking. It will produce a bitter taste in the pit for years that cannot be sandblasted out. People have used this before because they saw someone in a restaurant using it. That was grilling with it, not smoking where there is top capturing the bitter smoke. That stuff will black your eyes it's so strong. Also don't use any pine limbs. I saw a man cook with the heart of pine, promptly promoting some of the nastiest red splotches all over the skin of the unhappy

diners, making them extremely sick. I think the antigens got in their bloodstream. Yuck! Stay away from pines.....

Try apple chips soaked in water, placed on your charcoals when you cook duck or goose in your smoker. It will taste like you rubbed your bird for hours with honey. Delicious... Also try smoking a cherry pie on pecan wood. Great...

"Let there be Smoke".....See ya in the Great Outdoors.

=====

And here is something that Bill put together a while back:

WOOD	TASTE / FLAVOR	BEST WITH
Alder	A medium, tart smoke taste	Beef Poultry Game
Maple	Sweet, hearty smoke flavor	Fish Jerky Bacon
Apple	A light, sweet flavor	Poultry Ham Sausage
Hickory	Heavy smoke flavor	Beef Pork Game
Mesquite	A light, tangy smoke flavor	Beef Fish Poultry
Cherry	Distinctive and delicious	Beef Pork Game Lamb
Pecan	A rich, sweet flavor	Beef Pork Fish Poultry Game Lamb
Oak	Heavy smoke flavor	Beef Pork Lamb
Grapevine	A strong smoke flavor	Beef Poultry
Peach		
Pear		
Apricot		
Acacia	Similar to mesquite	
Plum		

=====

Hope that helps you out in your search for good information.  
Lloyd

## Recipes

MMMM---- Recipe

Title: Dan's Spicy Smoked Spareribs  
Categories: Smoker, Barbecue  
Yield: 1 servings

8 lb Spareribs; pork, in 4-rib sections  
---dry ingredients---

1 tb Ginger; powdered  
1 tb Mustard; powdered  
1 tb Paprika  
1/2 tb Salt  
1 ts Black pepper  
1 ts Chili powder  
1 ts Sage; powdered  
1 ts Crushed red pepper  
---basting sauce---  
1/2 c Tomato juice  
2 Peaches  
2 tb Barbecue sauce  
1 tb Onion; finely minced  
1 tb Bell pepper; finely minced  
Juice of one and one-half limes

Directions: To get started, place a handful of hickory or mesquite chips into cold water and set aside. Parboil rib sections in boiling water for about ten minutes (this partially cooks them and renders much of the fat). Remove rib sections and set on wire rack to cool. Combine dry ingredients in a bowl and blend well with a fork. When rib sections are cool, rub the dry ingredient mixture into the meat. Stack rib sections, seal in aluminum foil and let them sit in the refrigerator for about two hours. After two hours, start the coals in your smoker. Combine ingredients for basting sauce in a blender and blend until smooth. Transfer the basting sauce to a saucepan and heat over low heat until it begins to bubble. If you prefer for the basting sauce to be thicker, mix 2 tablespoons of arrowroot with 1/4 cup of cold water, and mix a little of the mixture into the basting sauce a bit at a time until desired consistency is achieved. When the coals are uniform gray, scatter a few of the wet wood chips over them. Rub grill with a paper towel dipped in olive oil. Brush ribs with basting sauce and place them on the grill. Cover with smoker lid (leave vents about half-open). Grill the ribs for about an hour, turning about every fifteen minutes and basting as you turn them. Add wood chips to the coals as necessary to maintain smoke. Serve ribs with warm basting sauce.

Formatted for Compu-Chef by Jess Poling  
Posted to rec.food.recipes by Z Pegasus  
Adapted by Patti Vincent

MMMMM

## **PaleoFood Recipe Collection Contents**

A paleo kitchen of today is well equipped. You may find:

Blender. For frozen desserts, sauces, and small quantities of flour from nuts. Wide jars better for chunky things. KitchenAid has 3 and 5 speed Ultra Power Blenders that crush ice at any speed. 48oz glass jar. \$85-90 at Zabars(1).

Cherry and Olive Pitter. Especially if you dehydrate cherries. The ones for a few dollars are useless. Sur La Table(2) has a handheld one for \$12 that looks like it could be useful. Counter top ones are \$20-40 and are discussed in a separate FAQ.

Chestnut Roasting Pan. You need an open flame to use this one. A chestnut knife to score and open them is safer than a regular knife. Both are available from Sur La Table for \$10 each.

Chinois. While normally used for straining seeds out of jellies, it should work for straining rendered fat. The old standby for this is cheesecloth. See a picture at Chef's Catalog site(3). Bridge Kitchenware has them in three sizes.(4)

Coffee Mill. Best for grinding spices. Designate one for this use only. Need not be a fancy grinder. Can also use for a small amount of nut flour.

Crock Pot. Useful. Can start before you go to bed or in the morning. However, long cooking times with acidic foods will lead to hydrolysis of proteins.

Deep Fat Fryer. A quick way to cook a piece of chicken, though not very paleo or useful in a paleo kitchen without potatoes. Olive, coconut and palm oil are recommended. [more research on oil prices and availability needed]

Dehydrator. A must for jerky and pemmican. Can also dry fruit. Inexpensive ones without thermostats are \$30. Good ones with up to 30 trays can cost a couple hundred. A top brand is American Harvest which has a SnackMaster and GardenMaster. Another is Excalibur. See Dehydrators section of [www.PaleoDiet.com/](http://www.PaleoDiet.com/) and Cabela's(5) catalog.

Egg Cooking Gadgets. Numerous exist, such as: containment rings when frying eggs, egg holders when boiling eggs, egg cups for serving and eating soft-boiled eggs, egg slicers, egg piercers, electric egg cookers, egg poachers.

Electric Frying Pan. The thermostat allows for long unattended cooking. Good for chicken dishes and breakfast.

Flour Mill/Grinder. You'd want a burr grinder type to handle the nut flours. Much fresher if you grind your own. See <http://waltonfeed.com/grinder.html> for overview.

Food Mill. Useful for making applesauce, tomato juice/sauce, straining squash and pumpkin, etc, and various fruits and vegetables for juices. The Squeezo has been recommended. About \$40. At the high end there is Rösle from Germany. \$195 and more with optional milling disks. See it at Sur La Table's web site (search on food mill). Many others exist.

Food Processor. It doesn't make fine nut flour, but good for all usual vegetable preparation. It can make paleo mayonnaise, but a hand blender is less to clean.

Food Strainer. It is a sauce maker for creamy applesauce, smooth tomato sauce, and with accessories: berries, pumpkins/squash, and grapes. Like a food mill but is cylindrical with an auger. Skin and seeds are discharged separately, without waste. Top of the line is the Squeezo at <http://www.cumberlandgeneral.com/ten3.htm>. Something very similar, but cheaper can be found at the bottom of Back to Basics' page at <http://192.41.7.21/nifty.html>.

Food Steamer. While a rice cooker can steam vegetables, one made for vegetables will be able to handle asparagus, so such is preferred over rice cookers.

Freezer. We paleo eaters need good freezer space. A separate one is handy, but do not buy frost-free as they increase freezer burn. We freeze fruit (strawberries, blueberries, peaches, and raspberries), nut flours, and meat bought through the mail or on sale.

French Mandoline. Stainless steel. It slices, dices or julienes. Can do waffle cuts. Think carrots, radishes, cucumbers, zucchini, onions, tomatoes, and lemons/limes for garnishes. They are dangerous -- suggest cutproof gloves. Can slice perfectly at any thickness, including paper thin. It is large and a bit cumbersome, but unbeatable for large jobs and precision cutting. If cooking for two the smaller simpler Benriner (Japanese slicer, see V-slicer) is better. The best/best-known in the US mandoline is manufactured by Bron. Zabars has the Bron for \$110 at: <http://www.zabars.com/utens.htm> (also picture). Costco carries the Mouli mandoline in their mail order catalog for \$109.

Garlic Slicer. Like a small mandoline. Can also grate when the sliding mechanism is reversed. Works with garlic, mushrooms, olives and ginger. \$6-15. Tend to be flimsy. See picture at <http://mastermall.com/garlic/ftx74.htm>

Grill, Indoor. The tabletop George Forman Grill is very popular. In three sizes. Get a bigger size, not the small one. Now available everywhere. \$60-100.

Grill, Outdoor. Can be charcoal or gas. If charcoal get solid pure charcoal and not briquettes (which use things like wheat starch to hold the

briquette together).

Hand Blender. Also called immersion blender. Large commercial ones existed long before consumer models. No commercial mayonnaise is paleo, so home making is required. One of these is the least to clean. They are great not only for mayo and dressings, but good for making almond milk, fruit shakes, thickening soups and sauces right in the pan by pureeing vegetables. Can grind nuts to make nut flour and nutbutters. Good for Steak Tartare and grinding the meat for Pemmican. Also can grind together raisins and nuts to make fruitnutballs. Braun has about four models. For a picture search on blender at the Chef's Catalog site.

Kitchen Shears. Having grown up with an abundance of shears I am always surprised when I find someone that uses a knife to cut everything in the kitchen. Handy for many tasks. Specialized shears for cutting poultry also exist.

Meat Grinder. It doesn't sound very paleo to grind up your meat. But if you hunt or are buying your meat by the side, you may want hamburger, or even just to grind up leftovers for hash. The hand ones that clamp to the counter are fine. Electric can run \$70-90.

Meat Slicer. To make jerky and pemmican you can ask the butcher to slice it, but bargains these days are at places with little service. Estate and garage sales are good places to look. New ones start at around \$80. The Chef's Choice models (\$150+) look pretty, but don't cut well or last very long. Small commercial style are \$350-400.

Meat Thermometer. An instant one is okay to check how the meat is doing. For those busy with other things Polder makes an electronic one for \$25-35 that has a probe and an alarm that goes off when it hits the set temperature. Especially useful when smoking meat. Owners of them like the convenience. See: <http://www.comforthouse.com/comfort/cookther.html>

Mezzaluna Chopper. Also known as a rocking mincer or half-moon mincing knife. This is the traditional way to chop and dice herbs. Also works with garlic and onions. At the Chef's Catalog site there is a set with a wooden herb bowl for \$40 (search on herb).

Mortar and Pestle. Best for herbs.

Muffin Baking Pans. For nut flour muffins and pemmican cakes when a high fat content. You have a choice of full size and mini (2 1/8" diameter). The mini ones take more effort to clean. Non-stick ones make the most sense, but the surface may wear out with use.

Nut Chopper. The one at Chef's Catalog for \$10 is a cylinder with two compartments and in the middle it seems to have a crank. Can chop large amounts and is dishwasher safe. Some handblender models have a chopper option. It may work well for nuts.

Nutmeg Grinder. Resembles a pepper grinder, except the cavity is designed specifically to hold a whole nutmeg. \$13-20. See <http://www.silk.net/sirene/cooks.htm> for one. Mandoline style graters also exist.

Parsley Mincer. A handy little tool. Moulis now come in partial plastic and all stainless steel versions. \$11 and up. Can get jammed and are difficult to clean. Sur La Table has a Herb Shredder from Italy for \$16 and there is one for \$20 at Chef's Catalog site (herb mincer).

Peeler. Useful for slicing hard root vegetables, e.g. carrots, for salads. A wide slot gets better slices. Get a carbon steel blade. It is sharper than a stainless one. Some like the OXO GoodGrips for ease of holding and it does have a wide slot, but has a stainless blade.

Pepper Grinder. French-made Perfex sets the standard, but really any will do.

Rotisserie. A motor driven spit broils meat, fish and poultry to perfection, sealing in juices and draining fats. Some are combined with a convection oven for faster roasting. Takes up a lot of counter space, though there are a couple of vertical ones for \$100 that takes up less. Hard to clean, take a long time, hard to tell when done, and people that have them rarely use them. Maybe get one in an outdoor grill instead.

Salad Spinners, both large and small. In addition to salad, the small one is useful for drying off rinsed berries. Recommended are Zyliss with a cord and Triumph with a knob. Not recommended is Hoan.

Sausage Stuffer. Generally attachments are used with the meat grinder. But dedicated stuffers are available.

Scale. Well, not really needed for paleo, but they are convenient to have around for weighing mail. Be sure it has a tare capability.

Smoker. While not all paleos smoke their meat, some do. Can be charcoal, gas, or electric. Good ones are \$80-150. Cheap ones will burn out with use. Non-stainless can rust out near the sea shore. If you are going to make your own sausage, then you really need an electric or gas model that you can set the temperature, and one of the square metal insulated styles like the Little Chief will hold that temperature more evenly. You can get round, tower shaped electric, gas, or charcoal smokers that use a water pan to help speed cooking and can also help flavor the meat if you add flavorings to the water. For smoking ribs and pork or beef roasts, and even the occasional turkey, recommended is a charcoal smoker with a water pan. Smoke at a fairly low temperature for anywhere from 6-10 hours depending on how thick the meat is. You will get more flavor in the meat using charcoal, then placing foil packets of water soaked wood sawdust or chips on the coals. In the electric or gas smokers, the sawdust is put into a metal pan over the burner, and smoulders away giving the smoke flavor, but not the

flavor you get when some of the fat and juices from the meat hit the hot charcoal. The Cabela's Fall catalog has a good selection of smokers. The Sausage Maker in Buffalo, NY has a catalog with lots of smoke equipment and literature. 716-824-6510. See much on smoking equipment at:  
<http://members.tripod.com/~DanGill/Resources.HTML>

Toaster-oven. A slice toaster has no use for us now that grain-based breads aren't eaten, but you can use a toaster-oven as a small oven or broiler.

V-Slicer. This is a plastic mandoline. Also dangerous. It can julienne, slice, shred, chop and dice fruit and vegetables. Use for onions, carrots and celery for salads. The thickness of the Benriner, a quality Japanese mandoline, is continuously adjustable but the maximum is only about 2mm. The Boerner V-slicer does an adequate job, but not as nicely as the Benriner. The V-slicer will do a thicker slice, but it's not continuously adjustable. Look for a Benriner at a Japanese grocer. They come in small and large sizes. \$20-40. Search for V-slicer at the Chef's Catalog site.

Vacuum Sealer. This device vacuum seals your food. Things keep much longer. The Tilia FoodSaver gets excellent reviews in the newsgroups. There are two models, around \$200 and \$300. The latter has a heavier duty motor and some more settings. Can be found in Costco, at Cabela's, and from the Infomercial 800-523-9911 number.

(1) Zabar's is a popular NYC store. They have a tiny fraction of what they sell on the web at: <http://www.zabars.com/>

(2) Sur La Table, in addition to serving items, has a selection of unusual high-end kitchen equipment. Go to <http://www.surlatable.com/> to search for products.

(3) Chef's Catalog at <http://www.chefscatalog.com/> has a search button. Use that to find a picture of an item. Prices are on the high side.

(4) Bridge Kitchenware also has a search facility. Go to <http://www.bridgekitchenware.com/> and select the button for Shop Online!

(5) Cabela's is a mail order outfitter specializing in hunting, fishing, and outdoor gear. Their catalogs have lots of neat things for a paleo minded person. Their spring annual catalog is more fishing oriented. Catalog now online at <http://www.cabelas.com/>

Lehman's sells some unusual items, and none require electricity. See:  
<http://www.lehmans.com/>

Those inexpensive hand held pitters are useless. A little asking in the newsgroups finds that there are at least four serious ones on the market. (And someone noted that these can work with olives.)

=====

The Chef's Catalog, 1-800-338-3232, <http://www.chefscatalog.com/>

They have a Leifheit (German-made) cherry stoner that they say will pit a pound of cherries in 75 seconds. The copy says "Large feeder funnel with spring-loaded steel plunger encased in a plastic handle. 6 3/4L x 5 1/4W x 9 1/8H." It sits on the countertop instead of clamping. Replacement gaskets and spring are ordered from the manufacturer, who has a large line of appliances. A discussion with a rep finds that the metal parts are stainless and all of it can go in the dishwasher. Item No. 3600 Cherry Stoner \$39.99

=====

Lehman's (in Ohio), 1-330-857-5757, [getinfo@lehmans.com](mailto:getinfo@lehmans.com),  
<http://www.lehmans.com/>

Web site has the category for them listed but not these specific items.

They have two:

(1) Modern plastic version ("Our Best") has major components of steel (punch, spring, spring rest, clamp) and the plastic body is dishwasher safe. 7 1/2" H clamps. Claims 73 cherries per minute. Imported from Taiwain. #1761; \$21.65. The pitter repair kit can be ordered from Lehmans for \$3.95. It says the gasket and spring are good for two years.

(2) Old Fashioned Cherry Pitter. For restaurant-style high speed volume, but it also crushes and splits the cherries. It has a Xylon coated cast body that cleans easily and resists rust. Stands 7 1/2" tall and clamps. Made by ChopRite (sp?). #16T for \$57

=====

Colonial Garden Kitchen (Hanover House), 1-800-654-5410

This says "High-impact plastic stoner clamps to any work surface." 657941, \$19.99

=====

Back to Basics, 1-801-571-7349, <http://192.41.7.21/nifty.html>

Has Cherry Stoner for \$20.95. Has picture. Probably the same model as the one above.

=====

Since there is no reason why something like this shouldn't last for decades, I am concerned about availability of replacement parts in the future.

\* WELCOME !

You have been added to the PALEOFOOD mailing list.

' !GUIDELINES PALEOFOOD

\* Last updated 02 Jan 1999

- PLEASE READ & SAVE this document for future reference

\* To be a subscriber to the list

- your RealFirstName and RealLastName are required

- you agree to comply with these guidelines

\* COMMANDS are sent to LISTSERV@MAELSTROM.STJOHNS.EDU

with one of the following commands in the body of the message:

SIGNOFF PALEOFOOD - to leave/unsubscribe from the list

SUB PALEOFOOD RealName - to join/subscribe to the list

SET PALEOFOOD NOMAIL - temporarily postpone receiving posts

SET PALEOFOOD MAIL - receive each posts individually

SET PALEOFOOD DIGEST - receive posts grouped as a DIGEST

SET PALEOFOOD SUBJECTHDR - places P-F in the subject line

SET PALEOFOOD FULLHDR - removes P-F from the subject line

\* The Default is MAIL i.e. you will receive each individual post

- you may change to DIGEST mode by following the command above

\* POST to all listmembers PALEOFOOD@MAELSTROM.STJOHNS.EDU

\* ARCHIVES <http://maelstrom.stjohns.edu/archives/PALEOFOOD.html>

\* RECIPES <http://www.panix.com/~paleodiet/list/>

\* LISTOWNER PALEOFOOD-request@MAELSTROM.STJOHNS.EDU

\* PALEOFOOD is a support list for persons following a paleolithic style diet such as described by Ray Audette in NEANDERTHIN "A Caveman's Guide to Nutrition" and all other similar approaches in the spirit of the Hunter-Gatherer.

\* The purpose of the list will be to share experiences, offer each other support, chat about our daily challenges in the spirit of sharing knowledge on dietary and health issues.

\* You must realize and understand that information obtained from this list might not be accurate or medically appropriate for everyone. Each reader must draw their own conclusions about how to use any

information obtained from this list. Each reader must do their own analysis of any claims made. In all cases, it is recommended that people consult medical professionals on a regular and timely basis.

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\* CONTENT of messages posted to the list:

- are to be supportive and informative, not confrontational
- no "off topic" posting
- do not post to topics which have a '!STOPPER'
- use private email for messages not relevant to all subscribers
- no foul language
- no cross posting the same message to two or more lists

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- no text/enriched
- no charset="x-user-defined"
- no HTML
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- no winmail.dat files
- no multipart/mixed
- no multipart/signed
- no multipart/alternative

- no multipart/related
- no quoted printable MIME encoding
- no Content-Transfer-Encoding: quoted-printable
- no Content-Transfer-Encoding: base64
- no multi-part message in MIME format

\* EDITING OF MESSAGES REPLIED TO

- trim all but what is absolutely essential
- quoted text should be less than new text
- never quote headers nor entire messages
- try not quoting at all, paraphrase as an alternative

\* SUBJECT LINES

- change DIGEST subject lines to reflect the topic of the post
- if the topic is changed under a thread, change the subject line

\* SIGNATURE FILES

- the use of sig. files and quote lines are not allowed

\* If you are new to the list it is always a good idea to make one of your first posts to the list an introduction, not required, but everyone is always interested in the person behind the email address.

\* If you are not a frequent poster to the list, then from time to time it is always nice to make your presence known by sending a post letting us all know how you are doing.

\* Promotion of products, goods and services including advertising is by prior permission from the listowner.

\* If you decide to remain subscribed to this mailing list, your doing so indicates agreement by you to all the provisions, policies and guidelines outlined in this Welcome message. PLEASE unsubscribe from the PALEOFOOD list immediately if you are not in agreement.

\* TO LEAVE THE LIST

LISTSERV@MAELSTROM.STJOHNS.EDU

with the following in the body of the message:

SIGNOFF PALEOFOOD

BTW - By The Way

DH - Dear Husband

DW - Dear Wife

IMHO - In My Humble Opinion

LOL - Laughing Out Loud  
TOM - Time of Month  
WOE - Way of Eating  
WOL - Way of Life  
YMMV - Your Mileage May Vary  
: ) - Happy Smile  
: ( - Sad Face  
<g> - grin

--

#### PALEOFOOD

Contact Paleofood listowner David Karas at ah322@lafn.org or  
Paleofood-request@maelstrom.stjohns.edu

--

Subject: Farewell from the PALEOFOOD List  
We are sorry to see you leave.

If you feel we have fallen short in our stated goals of providing a forum for discussion of Paleolithic based diets through this LISTSERV, please send a message to the Listowners

PALEOFOOD-Request@MAELSTROM.STJOHNS.EDU>

and let us know your areas of concern. Your feedback is one of the primary means of determining appropriate changes in our operations.

If our subject matter was simply not your desired objective, we thank you for visiting.

Dave Karas <ah322@lafn.org> (listowner)

This file from another list explains searching quite well.  
Just switch the word Celiac with this list's name.

Date: 11 Aug 1997  
From: LISTSERV@MAELSTROM.STJOHNS.EDU  
Subject: File: "CELIAC DBSEARCH"

## How to Search the Celiac or Cel-Kids logfiles

Here's a brief tutorial on how to search the logfiles and retrieve information. To get a complete explanation, send a message to LISTSERV@MAELSTROM.STJOHNS.EDU that says:

### INFO DATABASE

The database name "Celiac is used in these general examples. To search in Cel-Kids, just replace "Celiac" with "Cel-Kids" for both databases replace it with "Celiac Cel-Kids" without the quotation marks.

For those interested in performing multiple searches, the speed of your searches will increase, and the impact upon St Johns, our host, is reduced if you instead request copies of the logfiles. Then a search on these text files can be easily performed with the copies on your computer's hard drive. You can easily add new logfiles to update your own permanent collection. Information on obtaining copies of the files is in the WELCOME letter under the GET command or in the reference the file CMDS.

## Table of Contents

1. Syntax of the commands
2. Sample database job
3. Commands for limiting the search
  - A. Search operators
  - B. Limiting by date
  - C. Limiting to a sender
  - D. Limiting by subject
  - E. Limiting by record
4. Commands flows onto a second line
5. Changes in searches from Listserve 1.8b to 1.8c

=====

1. Syntax of the commands

=====

SEArch listname word1 <word2 <...>> Search list archives

or: word1 <word2 <...>> IN listname  
FROM date1  
TODAY  
TODAY-7

-> From this date  
-> From today  
-> In the last 7 days

TO date2	-> To this date
WHERE	
SUBJECT CONTAINS xxxx	-> Only this subject
AND/OR	
SENDER CONTAINS xxxx	-> Only this author
	Complex boolean operations are supported, see database guide

If the command string is longer than a single Line, multiple lines are indicated by adding // as the first two characters of the search command.

```
//SEArch listname word1
where subject contains milk
```

=====

2. Sample database job

=====

First, we are going to construct search for all messages that have the term "gluten-free" in them, and report which messages have this search term. To do so, we create an e-mail message with the following information in it, and we send it to LISTSERV@MAELSTROM.STJOHNS.EDU (do not send it to CELIAC@MAELSTROM.STJOHNS.EDU):

```
search celiac gluten-free
```

This is the output that is returned:

```
>search celiac gluten-free
-> 5 matches.
```

Item #	Date	Time	Recs	Subject
-----	-----	-----	-----	-----
008891	96/11/03	22:40	30	Re: The Case for Local Support
009946	97/01/26	09:40	26	Diabetes/Celiac information
009970	97/01/27	21:27	27	Gluten-Free Prescriptions
009987	97/01/29	07:40	41	Gluten-Free Passover Foods
010041	97/02/01	18:39	79	glucosamine response 1

To order a copy of these postings, send the following command:

```
GETPOST CELIAC 8891 9946 9970 9987 10041
```

```
>>> Item #8891 (3 Nov 1996 22:40) - Re: The Case for Local Support
indignities suffered by old Celiacs in institutions that put no credence in
"Gluten-free Living". I would rather go the Dr. Kevorkian route than be put
^^^^^^^^^^^^
```

in a nursing home under present standards.

```
>>> Item #9946 (26 Jan 1997 09:40) - Diabetes/Celiac information
For those who are dealing with both diabetes and celiac disease, you may
be interested in the recent article in GLUTEN-FREE LIVING newsletter
^^^^^^^^^^^^
```

about this topic, written by Kemp Randolph (on this List). The editor is

Ann Whelan. Memberships are \$29 for 6 issues for 1 year. Mail checks to  
Gluten-Free Living, P.O. Box 105, Hastings-on-Hudson, NY 10706.

~~~~~  
The remaining output is omitted

(1). The search line is use to select what is retrieve. When an exact term is not required, the \* can be used as a wild card to obtain all messages. Therefore, the search should be limited by date or sender to restrict the output. The first 100 matches are returned. To obtain additional matches, a date range should be used to advance the starting point of the next search.

(2). The search routine automatically returns an index of the messages and the surrounding text of the term.

(3). From a system resource standpoint, it is more efficient to limit the search to a string of words as opposed to words that are near each other. This is accomplished by putting the search terms in single quotes.

(4). If the alternate form of the search command (search X in celiac) is use, quotes must be placed around the search term "X".

(5). Double quotes are required when case is a criteria for limiting the search to a desired use of the term.

(6). Including a space with the search term in quotes may be use to limit the letters at the begining or end of a word.

=====

### 3. Commands for limiting the search

=====

#### 3.A. Search operators

=====

(1). The Boolean "AND" operator is implicit:

Search Celiac Xanthan Guar

(2). You can also make the "AND" operator explicit:

Search Celiac Xanthan AND Guar

(3). The Boolean "OR" operator is explicit:

Search Celiac Xanthan OR Guar

(4). The Boolean "NOT" operator is also explicit:

Search Celiac Xanthan NOT Guar

(5). Terms can be nested:

Search Celiac (Xanthan OR Guar) AND Gums

You may use parentheses, if there is there is a series of acceptable terms. In this case we are looking for two items. Messages with the words "xanthan gums" or "guar gums" but not "xanthan" or "guar" by itself.

The use of (Xanthan AND Guar) would only gives messages with both terms and the word "gums".

(6). Words that are close to each other can be found with the "NEAR" operator. Since it is the default, it does not need to be spelled out.

Search Celiac Mike Jones

### 3.B. Limiting by date

=====

You can also limit database searches by date. Only the internation form of dates is used: YYYY-MM-DD or YY-MM-DD.

(1). The first technique is to search for records in a date range. Note how the dates are constructed. For Jan 01, 1995 through April 30, 1995.

Search Celiac Xanthan from 95/01/01 to 95/04/30

(2). Another technique is to request messages since a specified date. Here is a sample search:

Search Celiac Xanthan since 95/01/01

(3). The asterisk character can be used to retrieve all messages in a date range:

Search Celiac \* from 95/04/01 to 95/04/30

(4). To search the last seven days, use the operator (TODAY-7)

Search Celiac \* from TODAY-7

(5). For posts today use the operator (TODAY)

Search Celiac \* from TODAY

### 3.D. Limiting to a sender

=====

You can restrict your search to messages from a particular sender, if you know a key part of the sender's e-mail address. For example, if you want a list of all the messages that I have sent, you could send the following:

```
Search Celiac * where sender contains mjones
```

### 3.E. Limiting by subject

---

If you just want to see a messages with "admin" or "listowner" in the subject header, you could send the following

```
Search Celiac * where subject contains (admin or listowner)
```

### 3.F. Limiting by record

---

If you desire to start a search after a certain record number, the database name is changed to Celiac.nnn. Where nnn is used to denote the last record processed. This is helpful when a job executes and stops because a limit is exceeded. Also, where jobs are repeated on a routine basis to find updates to a previous discussion. This limit is very similar to the use of the GETPOST command.

```
Search Celiac.nnn * where subject contains (admin or listowner)
```

---

### 4. Commands flows onto a second line

---

When a search routine is longer than 80 columns, the hyphen is used to denote a continuation on multiple lines

```
Search * in Celiac -  
where sender contains mjones
```

---

### 5. Changes in searches from Listserve 1.8b to 1.8c

---

The requirement to use the job control cards around the search command is no longer required with version 1.8c. This new search command will automatically return an index of the applicable messages and the contents of each message.

## Stock, Sauces, Gravies, and Arrowroot Tips

### **Stock**

#### Basic Stock - Prudhomme

##### -----BASIC-----

2 qt Cold water  
 1 ea Med. onion, (see note)  
 1 ea Large clove garlic (note)  
 1 x Bones, excess meat (notes)

##### ----FOWL AND GAME STOCKS----

1 1/2 lb Backs, necks, bones (notes)

##### ----BEEF OR TURTLE STOCK----

2 lb Beef shank (see notes)

##### -----PORK STOCK-----

2 lb Pork neck bones (see notes)

##### -----SEAFOOD STOCK-----

2 lb Rinsed shrimp heads (notes)

Notes: To the basic stock, you can also add vegetable trimmings from the recipe(s) you are serving, in place of the onion, garlic and celery. The recipe calls for the onion and garlic to be unpeeled and quartered. Also, you may include bones and any excess meat (excluding livers) from meat or poultry, or shells or carcasses from seafood, used in the recipe(s) you're cooking, or

#### FOR FOWL AND GAME STOCKS:

1 1/2 to 2 pounds backs, necks and/or bones from chickens, guinea hens, ducks, geese, rabbits, etc.

#### FOR BEEF OR TURTLE STOCKS:

1-1/2 to 2 pounds beef shank (preferred) or other beef or turtle bones.

#### FOR PORK STOCK:

1-1/2 to 2 pounds pork neck bones (preferred) or other pork bones.

#### FOR SEAFOOD STOCK:

1-1/2 to 2 pounds rinsed shrimp heads and/or shells, or crawfish heads and/or shells, or crab shells (2-1/2 to 3 quarts), or rinsed fish carcasses (heads and gills removed), or any combination of these. (you can also substitute oyster liquor for all or part of seafood stock called for in a recipe).

NOTE:

If desired, you can first roast meat bones and vegetables at 350F until thoroughly browned. Then use them to make your basic stock. (When you brown the bones and vegetables, the natural sugar in both caramelizes on the surface, which gives the stock a fuller taste and adds color when it dissolves in the stock water.) Always start with cold water--enough to cover the other stock ingredients. Place all ingredients in a stock pot or a large saucepan. Bring to a boil over high heat, then gently simmer at least 4 hours, preferably 8 (unless directed otherwise in a recipe), replenishing the water as needed to keep about 1 quart of liquid in the pan. The pot may be uncovered, or set the lid on it askew. Strain, cool and refrigerate until ready to use.

(Note: Remember if you are short on time, using a stock simmered 20 to 30 minutes is far better than using just water in any recipe..)

TO MAKE A RICH STOCK:

Strain the basic stock, then continue simmering until evaporation reduces the liquid by half or more. For example, if your recipe calls for 1 cup "Rich Stock," start it with at least 2 cups of strained basic stock. (Rich stocks are needed when a sauce requires lots of taste but only a limited amount of liquid, for example, "Oyster Sauce for Beef."

From: The Prudhomme Family Cookbook  
Posted by Fred Towner to rec.food.recipes

**See sub-page for [More Stock Recipes](#)**

## Sauces

### Jerk Sauce

-----  
2 ounces whole Jamaican Allspice, crushed  
1/4 tsp freshly grated nutmeg  
1 tsp ground cinnamon  
12 scallions, cleaned and chopped  
6 Habenero peppers or 12 Jalapenos, halved with the seeds  
1/3 cup lime juice  
4 TBL olive oil  
1 tsp salt  
1 tsp freshly ground black pepper (or more)  
some rum to taste

Crush the allspice in a mortar and pestle or a coffee grinder or pepper grinder. Leave it fairly coarse in good sized chunks. Combine all the ingredients in a blender or food processor. Process until liquified and well blended. Pour it in a jar (glass only--it eats plastic) and refrigerate until you are ready to use it.

[Notes from the friend who gave me the recipe:]

This makes about a cup and it's pretty thick. I leave it like that and then add more oil to marinate the meat when I'm ready. Roughly 2 good, rounded teaspoons of this, blended with oil to thin it out, will suffice to marinate 2 full chicken breasts (4 pieces) to a very hot level. It doesn't need to marinate all that long either, half hour to an hour is plenty, so it makes an easy quick dinner. It goes a long way and keeps very well in the refrigerator. If you don't want to make this much, it's easy to just cut the recipe in half or so.

Adapted from Island Cooking: Recipes from the Caribbean by Dunstan A. Harris. c. 1988, from The Crossing Press, Freedom CA 95019.

#### Pizzaiola Sauce

-----  
1 1/2 to 2 pounds ripe tomatoes, peeled, seeded and chopped  
1/4 cup olive oil  
2 garlic cloves, minced  
pepper, to taste  
1 tsp dried oregano  
1/4 cup minced parsley

Heat oil in a heavy pan. Add all the other ingredients. Cook over high heat, stirring all the time, for about 5 to 7 minutes, or until the tomatoes are just soft and hot. Serve with steaks.

From: Nika Hazelton's Way with Vegetables

#### Basque Tomato Sauce

-----  
1/4 cup olive oil  
8 cloves garlic, peeled and crushed  
2 cups peeled and diced yellow onions  
1 1/2 cups cored, seeded and diced green bell peppers  
3 cups very ripe tomatoes, diced  
1 4 oz can whole green chiles, Mexican style, pureed  
1/4 cup chopped parsley  
5 cups beef stock  
pepper to taste

In a 6 quart saucepan sauté the garlic, onion and green pepper in the oil until tender. Add the tomatoes, pureed chiles, and parsley and simmer until very tender. Add Beef Stock. Cover and simmer 1 hour. Uncover and simmer 1 hour more to reduce and thicken the sauce. Stir occasionally, pepper to

taste.

From: The Frugal Gourmet Jeff Smith

#### Deep Fry Batter

-----  
1 can coconut milk  
2 eggs  
2-3 T arrowroot

Application of coconut oil is for deep-frying banana fritters, where the batter is made from a can of coconut milk, two free range eggs and two or three tablespoons of arrowroot flour.

(here's mine) Dip meat, veggies (or I suppose fruit) in egg. Then coat in arrowroot and fry in olive oil.

From: Richard Archer

## Gravies

#### Meat Gravy

-----  
1 cup meat drippings or broth  
1 cup nutmilk  
1 T plus 1 t arrowroot

Add arrowroot to nutmilk and stir well. Add to dripping and cook on low stirring constantly until gravy is thickened.

From: Patti Vincent

## Arrowroot Usage Tips

#### ARROWROOT

Flavour and Colour  
Snow white. Flavourless.

#### Breading

Browns quickly and well. Produces golden crispy coating.

#### Thickening

Excellent. Substitution for equal amount of cornstarch. Leftovers may need to be rethickened.

#### Baking

Substitute for 25-50% total flour. Will lighten baked goods.

Comments

Silky powder, much like cornstarch. Store tightly in sealed jar and refrigerate.

From: "The Allergy Self-Help Cook Book" by Marjorie Hurt Jones R.N.

=====

Newsgroup: rec.food.cooking

Subject: arrowroot

From: Len S

Date: 27 Nov 95 03:59:07 -0500

In his book "Minimax Cookbook", Kerr says that both arrowroot and cornstarch are pure starches. He prefers them to flour for thickening liquids.

He recommends arrowroot for dark hot sauces because of its clarity and its lack of taste that might mask the food flavor.

Arrowroot is good, too, he says, for giving pasta a glaze when he wants the pasta to have the look of oil on it.

Arrowroot, however, has a drawback in that when it cools, especially in contact with dairy foods, it develops an unusually slippery feel.

Another difference, according to Kerr, is that cornstarch requires thirty seconds at the boil to remove its starchy taste, while arrowroot clears in very hot liquid without the need to boil it.

=====

Newsgroup: rec.food.cooking

Subject: Re: arrowroot, what is it?

From: p008383b@pbffreenet.seflin.lib.fl.us (Edward Conroy)

Date: 24 Jun 1996 13:19:32 GMT

While the purposes are the same, there are some differences between the the finished product when using arrowroot v cornstarch.

Arrowroot slurries and cornstarch slurries are both used to thicken sauces and gravies. They both yield a clear, glossy sauce which gives a "mouth feel" and appearance similar to a sauce containing quantities of butter.

They both require much less time than a flour-thickened sauce. They are both used as slurries, stirred into the hot liquid \*off heat!\*. The arrowroot slurry is merely stirred into the liquid for 30 seconds to a minute and it's ready.

----

Arrowroot thickened sauces, on the other hand, freeze well in such preparations as chicken pies, and do not re-hydrolyze (the word just

popped out of my sub-conscious) when the pies are reheated. I have also used it for thickening chicken ala king, which I have then frozen and re-heated without any problems.

---

## PaleoFood Recipe Collection Contents

## Condiments: Relishes, Chutneys, and Fruit Butters

### Relishes

#### Raw Apple Relish

-----  
3 tart apples  
1 green pepper  
1 sweet red pepper  
1 onion  
2 stalks celery and tops  
3 T. honey  
3 T. lemon juice  
lemon rind

Grind all ingredients together. Serve with cold meat, fowl, or fish. Makes 1 pint.

From: The Natural Foods Cookbook.

#### Cooked Cranberry-Apple Relish

-----  
1 lb. cranberries  
1 c. sweet cider  
2 tart apples with skins, sliced  
1 c. honey  
lemon rind, grated  
pinch of mace, ground

Simmer gently cranberries, cider, and apples until fruit is soft. Add honey, rind, and mace. Simmer for 5 minutes. Cool. Serve with meat, fowl, or fish. Makes 2 pints.

From: The Natural Foods Cookbook.

#### Raw Cranberry Relish

-----  
2 c. cranberries  
1/2 c. sweet cider  
4 T. honey  
1/4 tsp. allspice, ground  
pinch of cloves, ground

#### Variations:

Add: 1 apple with skin, quartered and cored  
1 c. fresh diced pineapple  
1/2 c. diced celery or cucumber  
1/2 c. chopped raisins  
1/2 c. chopped nuts

Grind all ingredients together. Makes 1 1/2 pints.

From: The Natural Foods Cookbook.

### Cranberry Fruit Relish

-----  
1 package cranberries, washed  
4-5 unpeeled apples, grated  
1/4 cup raw honey, or to taste  
2 small oranges (use part skin)

Run cranberries thru fine food chopper with oranges. Or process in blender until finely chopped. Combine with grated apples, add honey to taste, chill to blend flavors. Can add a few chopped pecans or grated coconut, if desired.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

### Cranberry Relish for Thanksgiving

-----  
1 bag of fresh cranberries  
1-2 navel oranges (Peel & removed white)  
1-2 apples  
nut if desired (I used pecans)  
sweeten to taste (I use raw honey)

Chop cranberries & orange in food processor. Use as much orange as needed to keep cranberries moving so that they are finely chopped. Place in a bowl. Then chop apples in food processor. Add to cranberries Chop nuts if desired and add to cranberries. Mix well and sweeten to taste. The oranges also create the juice in the salad. So adjust the amount of oranges based on how juicy (wet) you want your salad.

From: Patricia Cook at <http://www.rawtimes.com/>

## Chutneys

----- Recipe

Title: Lime Chutney (Nimboo Chatni)

Categories: preserving, chutney

Yield: 1 1/4 liter

12 limes; halved  
1 md onion; peeled, quartered  
4 hot green chile peppers  
1 in ginger root  
4 oz seedless raisins  
7 green cardamom pods  
1 tb black peppercorns  
1 tb coriander seeds

1 tb mustard seeds  
4 dried red chile peppers  
1 1/2 cup pineapple juice  
3 tb coarse salt  
1/4 c honey

Juice the limes. Discard 6 lime halves. In a food processor, combine remaining 18 lime halves, green chile peppers, ginger and raisins. Chop finely. Place mixture in a non-metal bowl. Open cardamom pods. In a heavy skillet toast peppercorns, cardamom seeds, mustard and coriander seeds and the dried red chilis for about 3 minutes, stirring constantly. Let cool spices on a dry plate, then grind finely. Add spices, lime juice, honey and pineapple juice to the chopped fruit mixture. Stir thoroughly, cover and let steep at room temperature for two days. On the third day pour mixture into an enameled pot (no stainless steel!), add salt and bring to a boil slowly. Simmer, uncovered, for 30 minutes. Fill into prepared clean jars. Close jars with a tight fitting lid. Store in a cool place.

The chutney should rest for at least 2 weeks (4 weeks recommended) before opening. Keep open jars in the refrigerator.

Contributor: phildeb@ibm.net

Translated from the German edition of "Classic Indian Vegetarian and Grain Cooking" by Julie Sahni. Any errors on my account.

Posted to rec.food.recipes by Petra Hildebrandt from Hamburg, Germany

Adapted by Patti Vincent

-----

#### Fresh Coconut and Mint Chutney

-----

Makes about 1 3/4 cups, will keep covered and refrigerated for a couple of days.

1-2 hot jalapeno chilies, seeded and chopped  
1/2 inch scrapped fresh ginger root sliced  
10 whole almonds, blanched  
1/3 cup water  
2 tablespoons lime or lemon juice  
1 tablespoon chopped dried fruit soaked in boiling water for 5-10 minutes and drained (papaya, or mango would probably work well)  
1/3 cup trimmed fresh mint, lightly packed  
1 cup grated FRESH coconut, lightly packed.

Use a food processor fitted with a metal blade or a blender. With the machine running, drop in the chilies and ginger and process until minced. Add nuts, pulse four or five times until ground. Add the water, juice, dried fruit and mint, and process until smooth. Stop the machine, add the coconut, and continue to process until the chutney is creamy and smooth. To accompany dishes it should be fairly thick as a dipping sauce it can be thinner, use coconut milk. Serve at room temperature or chilled.

From Willow

### Fresh Coriander Chutney

---

makes 1 cup, will keep refrigerated for 2-3 days.

1 tsp cumin seeds  
3 tablespoons sesame seeds  
1/4 cup FRESHLY grated coconut or 1/4 cup chopped almonds  
1 cup trimmed fresh coriander, slightly packed  
1-2 hot jalapenos seeded and chopped  
1.2 inch scapped fresh ginger root, chopped  
2 tablespoons water  
1/4 cup refrigerated coconut milk (optional)  
1 tablespoon chopped dates or rehydrated raisins

Combine the cumin seeds, sesame seeds and coconuts or nuts in a heavy frying pan and place over low heat. Dry-roasting, stirring frequently, until the coconut or nuts darken a few shades.

Combine the coconut mixture and the remaining ingredients in a food processor fitted with the metal blde, or a blender, and process until smooth. The texture should resemble runny apple-sauce. Transfer to a bowl and serve or cover and refrigerate.

From Willow

### Creamy Almond (or hazelnut) Chutney

---

1 cup raw almonds  
1/4 tsp lemon juice  
1/2 inch piece of fresh ginger, peeled and sliced  
1-2 jalapenos seeded, chopped  
up to 1/3 cup of water  
2 tablespoons chopped fresh coriander (cilantro)

Combine everything but the coriander in a blender or food processor, blend until smooth, adding more water if necessary to produce a loose puree. Transfer to a bowl and add the coriander, well covered, will keep for three days in refrigerator. This chutney thinkens as it sits. Thin it out with water to the desired consistency.

From Willow

### Shredded mango and coconut chutney

---

2 medium firm unrip mangoes  
1/4 cup dried or fresh coconut ribbons  
1 tablespoon diced dried fruit, such as papaya or apricot  
1 tablespoon each orange and lime juice  
1/8 tsp cayenne or paprika or a mix (depending on the heat you want)  
1-2 jalapenos seeded and slivered  
2 tablespoons sesame or coconut oil

1 tsp black mustard seeds  
2 tablespoons finely chopped fresh cilantro

Peel the mangoes and coarsely shred the fruit. Discard the seed. Combine the mango with the coconut, dried fruit, juices, cayenne or paprika and green chilies in serving bowl, gently toss, cover and marinate for 1/2 hour. It can be refrigerated for up to 6 hours before serving. Heat the oil in a small pan over moderate heat until hot but not smoking. Drop in the mustard seeds and fry until they turn grey and sputter. Keep a lid handy to catch flying seeds. Pour the seeds into the salad, add the fresh coriander, toss to mix and serve.

From Willow

#### Pudina Ki Chatni (Mint Chutney)

---

2 cups fresh mint leaves  
1 small onion  
2 cloves garlic  
1 fresh hot green chile pepper (seeded, if you prefer a milder chutney)  
1 tablespoon lemon juice  
1 teaspoon cayenne pepper  
3 1/2 fluid ounces water

Process all ingredients in a food processor to make a thick paste. To store, keep covered in the refrigerator. Corander chutney can be made simply by substituting fresh coriander (cilantro) for the mint.

From: Jennifer Freeman

#### Peach Salsa

---

3 peaches, peeled and chopped fine  
1 tablespoon lime juice  
1 1/2 tablespoons raw honey  
2 tablespoons chopped cilantro  
1-2 fresh chiles, seeded and finely chopped

Mix together, chill and serve

From: SF in rec.food.cooking

#### Peach Salsa II

---

1 cup peeled & chopped peaches  
1/4 cup chopped red onions  
1/4 cup chopped yellow or green pepper  
1 Tbsp. lemon or lime juice  
2 tsp. snipped fresh cilantro, parsley, OR Basil  
1/2 tsp honey  
Dash ground red pepper.

In a medium bowl, stir everything together. Cover & chill for up to 6 hours. Makes 1 1/4 cups.

From: SF in rec.food.cooking

Adapted by Patti Vincent

Peach Salsa III

-----  
Serve it with grilled entrees.

6 cups prepared peaches, about 12 medium or 3 lb (1.4 kg)

1 1/4 cups chopped red onion

4 jalapeo peppers

1 red pepper, chopped

1/2 cup loosely packed finely chopped fresh cilantro or coriander

1 tbsp lime juice

2 tbsp honey

1 clove garlic, finely chopped

1 1/2 tsp ground cumin

1/2 tsp cayenne pepper

Fill boiling water canner with water. Place 8 clean half-pint (250 mL) mason jars in canner over high heat.

Blanch, peel, pit and chop peaches. Measure 6 cups (1.5 L).

Place Snap Lids in boiling water; boil 5 minutes to soften sealing compound.

Combine peaches, onion, peppers, cilantro, lime juice, honey, garlic, cumin and cayenne pepper in a large stainless steel or enamel saucepan. Bring to a boil, stirring constantly to prevent scorching. Boil gently, stirring frequently, 5 minutes.

Ladle salsa into a hot jar to within 1/4 inch (0.5 cm) of top rim (head space). Remove air bubbles by sliding a rubber spatula between glass and food; readjust head space to 1/4 inch (0.5 cm). Wipe jar rim removing any stickiness. Center Snap Lid on jar; apply screw band just until fingertip tight. Place jar in canner. Repeat for remaining salsa.

Cover canner; return water to a boil; process 10 minutes at altitudes up to 1,000 ft (305 m). Remove jars. Cool 24 hours. Check jar seals. Sealed lids curve downward. Remove screw bands; store separately. Wipe jars, label and store jars in a cool, dark place.

\*Wear rubber gloves when handling jalapeo peppers.

From: SF in rec.food.cooking

Adapted by Patti Vincent

MMMM---- Recipe

Title: Peach Mint Salsa

Categories: Basics, Salsa

Yield: 3 cups

2 ripe peaches; peeled and  
-diced

1 sm red pepper; chopped  
1/2 red onion; chopped  
1 sm jalapeno pepper; minced  
1/4 c pineapple juice  
3 tb grape juice  
2 tb fresh chopped mint

I created this special salsa to serve with  
Grilled Boneless Leg of Lamb (see recipe)

Mix all ingredients together and refrigerate at least one hour to  
blend flavors. May be made a day or two in advance.

<http://busycooks.miningco.com>

Adapted by Patti Vincent

MMMMM

## Fruit Butters

### Banana Date Butter

-----  
8 dates chopped  
1/4 cup orange juice  
1 banana sliced  
1 Tbsp oil  
1 Tbsp lemon juice

In saucepan, combine dates and juice. Heat on high for 2 minutes. Process  
all ingredients until smooth. Little specks of dates will remain. Store up  
to one week in fridge

From Valerie

MMMMM----- Recipe

Title: Spiced Apple Butter  
Categories: Fruits, Jam/jelly  
Yield: 4 Cups

6 Apples, sliced  
1 cup Apple cider  
2 tsp Ground cinnamon  
1/2 tsp Ground ginger  
1/2 tsp Ground nutmeg  
1/2 tsp Ground allspice  
1/2 tsp Ground cloves

Place apples and cider in pot over medium heat. Cook, stirring

frequently, until mixture comes to a boil. Lower heat and simmer, stirring frequently, for about 1/2 hour. Stir in spices. Continue simmering and stirring for another 1/2 hour, or until apple slices have disintegrated and butter is thick. Remove from heat. Transfer to 4 1-cup containers, and store in fridge.

From: the recipe collection of Fred Towner via rec.food.recipes

MMMMM

### Apple Butter

1 20-ounce jar unsweetened applesauce or 2 1/2 pounds cored tart apples  
1 cup unsweetened cider or apple juice

1 teaspoon ground cinnamon

1/2 teaspoon ground cloves

1/2 teaspoon allspice

1/2 teaspoon nutmeg

(NOTE: 2 1/2 tablespoons apple pie spice can be substituted for the 4 spices.)

Cook fresh apples with peel, then put into blender or through food mill. If using applesauce, combine applesauce, cider and spices in electric skillet, iron skillet or shallow saucepan. Simmer slowly, stirring frequently, 2 to 3 hours until spreading consistency is reached. May bake at 325 degrees until reduced to half the amount - not as much stirring needed. Cool. Store, covered, in refrigerator. Makes 2 cups.

Adapted from: Lita Lotzkar via rec.food.recipes

### Apple Butter

-----

2 qt. pure apple cider

3 qt. peeled and quartered cooking apples (about 4 lb.)

1/4 c. pure maple syrup

1 tsp. ground cinnamon

1 tsp. ground ginger

1/2 tsp. ground cloves

Bring cider to a boil in a large saucepan. Add apples. Bring to a boil; reduce heat. Simmer, uncovered, stirring often, until apples are soft. Stir in remaining ingredients. Simmer, uncovered, stirring often, until very little liquid separates from pulp, about 2 hours. Makes about 2 pints apple butter.

Adapted from: Sheryl Heller via rec.food.recipes

### Peach Butter

-----

Peaches (at least 8-12)

Optional raw honey or pure maple syrup (was sugar)

Lemon juice, if desired

Spices, if desired

Peel and pit the peaches. Quarter them. Put the quartered peaches in a heavy kettle and add about 1-2 cups of water to the pot. Start cooking over low heat to discourage sticking. Cook until tender, stirring often to discourage sticking.

After cooking, drain the peaches through a colander, reserving juice (you can make jelly with the resultant juice). Put the peaches through a food mill to puree. A blender or food processor can be used, though their action is different than milling. I much prefer a food mill -- it strains to puree and separates any extraneous fiber; the fp and blender chop to puree. The final texture is different.

Measure the pulp/puree by volume. Put it into a heavy bottom kettle. Add some sweetener if you wish. Add a wee splash of lemon juice at this point, if you wish. Commence cooking over low to moderate heat, uncovered, stirring to dissolve the sugar. Don't sit down and read the paper. Don't leave the room.

When the stuff begins to boil, reduce the heat to very low, put a splatter screen atop and cook until it is thickened to your liking. \*If\* you want spiced butter, add spices towards the end of the cooking. I won't give amounts of spices: Start with a small amount. (Duh!) Be careful with ground cloves--a little goes a long way. Spices that are nice with peach butter include cinnamon and nutmeg. If you leave the room to get on with your life, take a timer with you and set it for 5-10 minutes (your cue to run back and stir and check) -- less time as it gets closer to being done.

When you've got the stuff cooking, go back to that reserved juice and strain it, hot, through about 3-4 layers of cheesecloth. Use the juice for peach jelly (check a pectin box for a recipe) or adding it to barbecue sauce.

Fruit butters are great!! They are very interruptable. \*If you are uncertain\* as to whether or not they are done, hold everything! Get the pot off the heat and let it and the contents cool. Check the texture and consistency then. If it's as you like it, reheat and jar. I've taken three days to make my apricot butter if I haven't had the necessary time in one shot.

Expect the volume to have reduced by about one-third. Use that guide for determining how many canning jars to prepare.

Have your canning jars and lids prepared and ready to fill. When the butter is thickened, fill the jars, remove bubbles, seal and process in a boiling water bath for 10 minutes. Because of the density of fruit butter, I like to have my batch bubbling hot when I fill my jars. I do this by returning the now done butter to my mixing pitcher and nuking it till the edges are bubbling. Then I pour it into the jars, check for

bubbles and seal and process.

I recognize that this might be seen as a pretty involved process. It's worth the time.

Other Fruit Butters

Same method.

Apricot Butter - I don't like mine spiced at all! \*Maybe\* a wee splash of orange juice, more likely not. Do what you will. Easy on the lemon juice if you use it.

Plum Butter - My plums, when pureed, are sour and strong. They can stand cinnamon, clove, and freshly ground allspice. Skip the lemon juice.

Apple Butter - There are a zillion recipes for apple butter. Most include cinnamon, cloves, nutmeg, maybe mace. Skip the lemon juice.

Most fruit butters, because of their tanginess and spiciness are very nice with grilled or roast meats, pork and chicken in particular. Apricot butter is a nice dip for chicken when it's cut with some lemon juice. Plum butter, too.

Adapted from: Schaller\_Barb@htc.honeywell.com via rec.food.preserving

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## PaleoFood Recipe Collection Contents

## Condiments: [Marinades \(Citrus\)](#), [Marinades \(Non-Citrus\)](#), [Marinades \(Tomato Based\)](#), and [Dry rubs](#)

### Marinades (Citrus Based)

#### Three-Citrus Marinade

-----  
1/2 cup fresh lime juice  
1/2 cup fresh lemon juice  
1/2 cup fresh orange juice  
1/2 cup olive oil  
4 cloves of garlic minced  
2 teas coarsely ground black pepper  
3 crushed bay leaves  
3 tbls chopped cilantro

Mix all ingredients in shallow wide mixing bowl. Add food and marinate 1-2 hours. Barbeque, stovetop grill, or broil, brushing marinade on 2-3 times.

In addition to skinned chicken parts, this may also be used on salmon, tuna, or shrimp. Reduce marinating time so citrus does not "cook" seafood.  
Posted to rec.food.recipes by Joel Schwarz

#### Mojo Criollo

-----  
1/3 cup olive oil  
6 to 8 cloves garlic, thinly sliced or minced  
2/3 cup fresh sour orange juice or lime juice  
1/2 teaspoon ground cumin  
salt and freshly ground black pepper, to taste

Makes 1 cup.

From: cookbook "Miami Spice" via Staca Hiatt in rec.food.recipes

#### Chimichurri

-----  
A great South American type of sauce for grilling, can be served right away but will be better if you let it ripen for a day or two in the frig.

1 bunch curly parsley, stemmed and minced, about 2 cups  
8 to 10 cloves garlic, minced  
1 cup olive oil  
3 tablespoons fresh lemon juice  
1 teaspoon red pepper flakes  
1 teaspoon salt, or to taste  
freshly ground black pepper

Combine the parsley and garlic in a food processor (or mortar) and grind to a coarse paste. Work in the oil, lemon juice, red pepper flakes, salt and pepper. Taste and add more lemon juice or salt if needed. Makes about 2 cups.

From: 'Miami Spice' by Steven Raichlen, Found in newspaper Food Section

----- Recipe

Title: Salsa Cubano Barbecue Sauce

Categories: Cuban, salsa, sauces

Yield: 1 servings

1 md white onion, chopped  
5 cl garlic, chopped  
1/2 cup sour orange juice < or >  
1/3 cup lime juice (see note)  
1/2 ts oregano  
1/2 ts cumin seeds  
1/4 ts salt  
1/2 cup water

Put onions, garlic, orange juice (or lime juice) and water in a blender. Set blender on "liquify" setting and process. Crush all dry ingredients together and add them to blender. Process for one minute more. Marinate meat (chicken, beef, pork or fish) for at least one hour in mixture. It is better to marinate meats overnight. Brush meat frequently with the sauce while cooking.....Makes 2 Cups.

Test Kitchen Notes: This is a traditional Cuban meat marinade. Sour orange juice is available in Hispanic grocery stores.

From: Enrique W. Perez

Posted to rec.food.recipes by S.Mancini@t-online.de

-----

Cuban Lime Marinade

-----  
6 cloves garlic -- minced (2 Tbs.)  
2 teas ground cumin  
1 tbls chopped fresh oregano (or 1 tsp. dried)  
1/2 teas ground black pepper  
1/2 cup fresh lime juice

Place the garlic in a mortar and pestle and mash to a smooth paste (or mash in a shallow bowl with a fork). Work in the cumin, oregano, pepper, and lime juice. Add a pound of vegetables. Marinate for at least six hours, stirring occasionally. Broil or grill until done, basting occasionally with the leftover marinade. Serves 5.

Adapted from Steven Raichlen's High-Flavor Low-Fat Cooking

### Mango and Lime Marinade

-----  
8 tbls mango and lime chutney; or mango chutney  
1 lime  
1 tbls raw honey; optional

Chop the lime in half, remove the peel, keep the juice and flesh. Add the lime and chutney to a food processor bowl. Pulse until the lime is fairly well chopped up, it will probably still be chunky, it doesn't have to be very smooth. Pour this into the bowl where you'll be marinating the meat, add the honey and mix well. Stir in the meat. Marinate for at least 24 hours, longer if the meat is not very tender. Use for kabobs.

Originally Jenn adpated from one in an issue of "Marie Claire"

Posted to rec.food.recipes by Helen Watson

### Lime-Orange Marinade

-----  
4 cloves garlic, finely chopped  
1 1/2 cup lime juice  
1 cup orange juice  
1/2 cup olive oil  
2 teas ground black pepper

Chop garlic and mix with remaining ingredients in a bowl.

Marinate ribs, chops, or thick cuts of beef with this tangy, spicy combination. Always try to use fresh juices. When they're not readily available, use the frozen or bottled variety.

Possibly from alt.creative.cooking

Posted to rec.food.recipes by Tracy Riggs

### Barbecue Sauce or Marinade

-----  
Here's a nice barbecue marinade or basting sauce. Works well on a lot of fish. Experiment with the herbs according to your preference, but I like these.

1/4 cup EV olive oil  
1 branch fresh dill, crushed  
1/4 tsp chopped, fresh tarragon  
1/4 tsp summer savory  
1/4 tsp fresh ground black pepper  
1 tsp fresh grated lemon peel  
2 Tbs fresh lemon juice

Heat the oil in a small saucepan, add the herbs, pepper and lemon peel. Let brew over a very low heat for about 4 - 5 minutes. DON'T COOK! Remove from heat and stir in the lemon juice. Use as a basting sauce or as a cold marinade for fish steaks.

Tangy Chicken Marinade

-----  
1/2 cup lime juice  
1/4 cup olive oil  
3 cloves garlic, minced  
1 jalapeno pepper, cut in 1/8" slices (do not remove seeds!)  
1/4 cup chopped fresh cilantro  
dash salt  
dash white pepper

Combine all ingredients. Pour over 1 lb. skinless/boneless chicken breast halves. Marinate at least 2 hours. Remove chicken from marinade and either grill or broil. Brush with remaining marinade during cooking. Serves 4.

Posted by JGruhn@aol.com to rec.food.recipes

Jamaican Jerk Marinade

-----  
1/4 cup whole allspice\*  
3 habanero chiles\*\*, seeded and chopped  
10 green onions, chopped  
1/2 cup chopped onion  
4 cloves garlic, chopped  
4 bayleaves, crushed  
1 3-inch piece ginger, peeled and chopped  
1/3 cup fresh thyme  
1 teas freshly-ground nutmeg  
1 teas freshly-ground cinnamon  
1 teas salt (to taste)  
1 tbls freshly-ground black pepper  
1/4 cup olive oil  
1/4 cup lime juice.

Roast the allspice in a dry skillet until they are aromatic, about 2 minutes. Remove and crush them to a powder in a mortar or spice mill. Add the powder and the remaining ingredients to a food processor and blend to make a paste or sauce. Remove and store in a jar in the refrigerator; it will keep for a month or more.

\* In Jamaica, allspice is called pimento. So, if you see pimento in a Caribbean recipe, don't reach for the sweet red peppers.

\*\*10 on the heat scale of 1-10.

From: Paul Royko, Toronto, Canada

Beef Marinade

-----

250 ml olive oil  
125 ml lemon juice  
1 teaspoon dry mustard  
1 teaspoon pepper  
2 cloves garlic; crushed

Mix all the ingredients together. Use to marinate beef. Reserve and use to baste meat while grilling.

Posted to rec.food.recipes by Helen Watson

Adapted by Patti Vincent

#### Hawaiian Island Marinade

-----  
1/3 cup coconut milk  
2 Tablespoons lime juice  
1 Tablespoon raw honey  
2 Tablespoons fresh Hawaiian ginger root, finely grated

Combine ingredients and marinate steak, chicken, fish or pork before barbequing. Baste with marinade during barbequing.

Possibly from alt.creative.cooking

Posted to rec.food.recipes by Tracy Riggs

Adapted by Patti Vincent

#### Marinade for Grilled Shrimp

-----  
1/4 teaspoon dry mustard  
juice of 1 lime (or lemon, if desired)  
1/4 olive oil  
1/2 teaspoon raw honey  
1 teaspoon salt  
pepper  
dash cayenne pepper

Marinate shrimp for several hours. Drain. Alternate shrimp on skewers with pineapple chunks, small pieces of bacon, green pepper, mushrooms. Grill over medium coals.

Posted to rec.food.recipes by Joan Karr

Adapted by Patti Vincent

#### Macho Fish Marinade

-----  
The rinds from the juiced citrus fruits make an attractive and flavorful addition to this robust and tangy marinade.

Use on: Any meaty fish .... Marinate 2 to 3 hours

3/4 cup olive oil  
1/2 cup fresh orange juice

1/3 cup fresh lemon juice  
1/4 cup vegetable broth  
1 teaspoon salt  
2 tablespoons fresh lime juice  
1/2 medium fennel bulb .... trimmed, cored and thinly sliced crosswise  
1/2 medium red onion, thinly sliced  
1-inch piece of fresh ginger, peeled and thinly sliced  
2 fresh thyme sprigs  
2 bay leaves  
1/4 teaspoon crushed peppercorns

In a large bowl, stir together the olive oil, orange juice, lemon juice, salt and lime juice. Add the fennel, onion, garlic, ginger, thyme, bay leaves and peppercorns and mix until combined. Yield: About 2 cups

Posted by plgold@ix.netcom.com to rec.food.recipes

Adapted by Patti Vincent

#### Asian Flavor Marinade

---

This marinade works exceptionally well with seafood but is quite tasty with poultry or pork.

1 cup fresh orange juice  
2/3 cup fresh lemon juice  
2/3 cup fresh lime juice  
6 scallions sliced thin (white part only)  
2 small jalapenos sliced into very thin rounds  
1 tsp. red-pepper flakes  
1 Tbs. grated orange zest

Mix ingredients in a bowl and marinate your seafood, chicken or pork.

Posted to rec.food.recipes by Todd Matthews

Adapted by Patti Vincent

#### Steak Marinade

---

1/3 cup minced shallots  
1/2 cup olive oil  
3 Tbs. fresh thyme  
1/4 tsp white pepper  
3 Tbs. freshly squeezed lemon juice

Mix the marinade ingredients in a non-reactive pan. Score the meat, and place it in the pan and turn in the marinade. Marinate for at least 2 hours at room temperature or up to 24 hours refrigerated. If refrigerated, turn the steak in the marinade occasionally. Remove the steaks from the marinade (retain marinade) and grill to taste. Bring the remaining marinade to a boil in a non-reactive saucepan and remove from heat. Carve the meat in thin diagonal slices across the grain (this makes for a tender cut) and arrange the slices on a warm platter. Pour the carving juices and

the marinade over the meat. Decorate, if desired, with parsley sprigs or watercress.

Posted to rec.food.recipes by Todd Matthews

Adapted by Patti Vincent

### Chicken Marinades

---

I tend to improvise with whatever comes to hand. The following things have served me well in the past (mix and match - treat it like a salad bar; a good idea is to take a single item from each list):

#### Acidic Flavors

Lemon Juice

Lime Juice

#### Salty Flavors

salt

broth

#### Other Liquids

Chinese Hot Oil

Sesame Oil

Broth or Stock

Honey

Maple Syrup

#### Other Ingredients

Thyme

Dry Mustard

Sage

Black Pepper

Rosemary

Cayenne

White Pepper

Lemon Peel

Diced onion

Fennel Seed

Celeriac

Chili Powder

Assemble at will! Once the chicken is marinated, toss it in a non-stick pan with a little olive oil to cook it. If you then want a good SAUCE on the chicken, stir some arrowroot (just a pinch or three) into your marinade and toss it into the hot pan.

Posted by S. John Ross to rec.food.recipes

Adapted by Patti Vincent

### Sauce for Stir-fry

---

coconut milk

lots of garlic  
lots of ginger  
lemongrass  
coriander  
chilis  
squeeze of lemon or lime juice (plus a bit of grated zest if you like)

I'm afraid I can't give you measures for any of these, as I just chuck them all in - you can't have too much garlic + ginger, you can have too much chilli.

From: Dominic Glennon on Yeast-L list

### Tandoori Marinade

---

1/2 cup coconut milk  
2 Tbsp. lemon juice  
2 Tbsp. lime juice  
2 tsp. salt  
2 garlic cloves, minced  
1 tsp. ginger, minced  
1/2 tsp. cumin seed  
1/2 tsp. coriander  
1/4 tsp. turmeric  
1/2 tsp. cayenne pepper  
1/4 tsp. black pepper  
1/8 tsp. cinnamon  
pinch ground cloves

Mix all ingredients making sure that all the spices are well blended. Marinade your meat of choice in the sauce for several hours. Use leftover sauce for basting the meat while it is grilling. The more sauce, the better (I think). You might also want to try this on vegetables.

Posted by Faith Gielow to rec.food.recipes

## Marinades (Non-Citrus)

### Champagne Marinade for Salmon

---

3/4 cup champagne  
1/4 cup olive oil  
1/2 teaspoon dry mustard  
1/2 teaspoon dried basil leaves  
dash salt  
dash white pepper

Combine all ingredients. Pour over 4 salmon steaks or filets. Marinate at least 2 hours. Grill or broil salmon, brushing with marinade during cooking. Serves 4.

Posted by JGruhn@aol.com to rec.food.recipes

### Spicy Marinade

---

1/4 cup chopped parsley  
1/2 cup loosely packed and finely chopped basil leaves  
2 tablespoons minced green onion  
1 tablespoon minced garlic  
1 teaspoon finely chopped oregano  
2 teaspoons sea or kosher salt  
1/2 teaspoon freshly ground black pepper  
1/4 teaspoon hot red chile flakes  
1/3 cup dry white wine (optional) or broth  
3/4 cup olive oil

Combine all ingredients and allow flavors to marry for 2 hours before using. If you like a hotter flavor, add more chile flakes or some minced fresh serrano chiles. Makes approximately 2 cups

Posted to rec.food.recipes by Todd Matthews

Adapted by Patti Vincent

### Maple Marinade

---

Yield: About 1/2 cup

Use on: Pork, chicken, duck breasts, squab

Brush on: Brush on before and during grilling

Make ahead: The maple marinade can be refrigerated for up to 3 days

Because this sweet, peppery marinade is made with a high proportion of maple syrup, be sure to grill the meat or poultry over moderately low heat so that it cooks evenly without burning.

1/4 cup olive oil  
3 tablespoons pure maple syrup  
1 garlic clove, crushed  
4 fresh thyme sprigs  
1 teaspoon freshly ground pepper

In a small saucepan, combine all the ingredients and simmer over low heat until slightly thickened, about 3 minutes. Let stand for 2 hours before using.

Posted by plgold@ix.netcom.com to rec.food.recipes

\* Exported from MasterCook II \*

### Polly's Honey Curry Marinade For Great Chicken

Recipe By : Polly Motzko  
Serving Size : 1 Preparation Time : 0:00

Categories : Marinades, Glazes &amp; Bastes

| Amount | Measure   | Ingredient -- Preparation Method |
|--------|-----------|----------------------------------|
| 1      | cup       | honey                            |
| 1/4    | cup       | olive oil                        |
| 3      | teaspoons | curry powder                     |
| 1      | teaspoon  | ground pepper -- coarsely ground |
| 1      | teaspoon  | Trader Joe's Crushed Ginger      |

Mix all ingredients thoroughly and put in an airtight container. Baste poultry while baking at 375 degrees for one hour.

Can be made in larger quantities and stored in refer until ready for use.  
A recipe from Paulette L Motzko

- - - - -

## Marinades (Tomato Based)

Blueberry Barbecue Sauce

-----

2 teaspoons olive oil  
 1/4 cup minced onion  
 1 tablespoon minced fresh jalapeno chile, seeded  
 1/4 cup ketchup  
 1 tablespoon honey  
 1/4 teaspoon dry mustard  
 dash cayanne pepper  
 2 cups frozen or fresh blueberries  
 Salt and freshly ground pepper

1. Heat the oil in a nonreactive saucepan. Add the onion and jalapeno and cook over moderate heat, stirring, until wilted, about 3 minutes. Add the ketchup, honey, mustard and cayanne and bring to a simmer. Add the blueberries and simmer over low heat, stirring until thickened, about 10 minutes.

2. Puree the sauce in a blender or food processor until smooth. Pass through a strainer and season salt and pepper. Serve at room temperature.

Yield: About 1-1/2 cups

Use on: Any kind of beefsteak, hamburgers, pork chops, chicken

Make Ahead: The sauce can be refrigerated for up to one day

Adapted by Patti Vincent

Beef Kabob Marinade

-----

2/3 cup olive oil

1/2 cup lemon juice  
1 teaspoon salt  
1/4 cup catsup  
1/2 teaspoon pepper  
1 clove garlic, minced  
Dash of cayenne

Mix well. Marinade 1-2 pounds good quality beef, cut in cubes for at least 4 hours. Skewer with cubed green and red peppers, and onions. Grill and baste.

Possibly from alt.creative.cooking  
Posted to rec.food.recipes by Tracy Riggs  
Adapted by Patti Vincent

## Dry Rubs

### Dry Spice Rub

-----  
1 cup salt  
1 cup paprika  
1 cup ground black pepper  
1 cup cumin  
1 cup Ancho chile powder

Mix all together well.

Posted to rec.food.recipes by Todd Matthews

### The Recipes

-----  
Mild Mexican Jerky  
1 tsp salt  
1/2 tsp crushed oregano  
1/4 tsp pepper  
1 tsp paprika  
1 tsp chili powder  
1/2 tsp garlic powder

### Middle Eastern Jerky

1 tsp salt  
1/4 tsp turmeric  
1/8 tsp pepper  
1/8 tsp ground cumin  
1-1/2 tsp coriander  
1/4 tsp chili powder  
1/4 tsp ground ginger

### Fiesta Jerky

1 tsp salt

1 tsp onion powder  
1/4 tsp pepper  
1/4 tsp ground cumin  
1 tbs chili powder  
1 tsp garlic powder

Curried Jerky  
1 tsp salt  
1-1/2 tsp curry powder  
1/4 tsp pepper  
1/2 tsp garlic powder  
1/8 tsp cinnamon  
1 tsp ground ginger  
1/16 tsp ground cloves  
1/8 tsp ground cumin

From: rec.food.preserving

\* Exported from MasterCook II \*

#### Moroccan Dry Marinade

Recipe By : Fifty Ways To Cook Just About Everything/Schloss & Bookman  
Serving Size : 1 Preparation Time :0:00  
Categories : Marinades, Glazes & Bastes

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 2      | teaspoons  | black pepper                     |
| 1      | teaspoon   | onion powder                     |
| 2      | teaspoons  | garlic salt                      |
| 1/2    | teaspoon   | cayenne pepper                   |
| 1      | teaspoon   | ground cinnamon                  |
| 1      | teaspoon   | ground coriander                 |
| 1/2    | teaspoon   | dried thyme                      |
| 1      | teaspoon   | ground ginger                    |
| 1      | tablespoon | minced lemon zest                |
| 1/2    | tablespoon | honey                            |

Rub onto food and let sit for an hour.

Serving Ideas: Good on beef, chicken, lamb, pork & veal.

From: Paulette L Motzko

Adapted by Patti Vincent

- - - - -

#### Caribbean Jerk Rub

-----  
1 tbs onion powder (powder not salt)  
1 tbs dried thyme  
2 tsp dried allspice

2 tsp ground black pepper  
1 tsp cayenne pepper  
1 tsp salt  
3/4 tsp ground nutmeg  
1/4 tsp ground cloves

Blend all the above ingredients well. Rub over meat, poultry or seafood at least 2 hours before grilling. Grill as usual.

Adapted from rec.food.cooking

Jerk Rub

-----

1 onion, finely chopped  
1/2 cup scallions, finely chopped  
2 teas thyme leaves, fresh  
1 teas salt  
1 teas Jamaican pimento, (allspice)  
1/4 teas nutmeg, ground  
1/2 teas cinnamon, ground  
4 to 6 hot peppers, finely ground  
1 teas black pepper, fresh ground

Mix together all the ingredients to make a paste. A food processor fitted with a steel blade is ideal for this. Store leftovers in the refrigerator in a tightly closed jar for about a month.

From: rec.food.cooking

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[PaleoFood Recipe Collection Contents](#)

## **Salad Dressings (Non-Tomato and Tomato Based) and Mayonnaise**

### **Salad Dressings (Non-Tomato)**

#### Dressing for Yard Salad

-----  
1 Tbsp raw honey  
1/3 cup lemon juice  
fresh ground pepper, to taste  
1 tsp minced fresh tarragon  
2/3 cup olive oil

Dissolve honey in lemon juice. Add pepper and tarragon, and stir, and then add olive oil in a cruet. Shake vigorously to blend. You only need a few Tablespoonfuls for the salad, so save the rest of the dressing for later use.

Adapted from Jack's Skillet, by Jack Butler

#### Parsley Dressing

-----  
3 Tbsp olive oil  
2 Tbsp lemon juice  
1/4 tsp onion powder  
2 Tbsp chopped parsley

Beat well the first 3 ingredients. Add the chopped parsley. Good on lettuce wedges.

Adapted from: Ten Talents Cookbook by Frank and Rosalie Hurd

#### Salad Dressing

-----  
I mix lemon juice and olive oil (about equal parts, but you can adjust to your own taste) with salt, garlic, green onions, and herbs (oregano, basil, and thyme) no particular amounts, just what feels right, and then I taste and adjust.

From: Anne Mears on Yeast-L list

#### Salad Dressing

-----  
1/4 cup basil flavored olive oil \*  
1 clove garlic diced  
1/4 tsp superfine ground mustard  
1/4 tsp oregano  
fresh squeezed lemon juice (1/4 small lemon)  
salt and pepper to taste  
shake well.

\* available from Censorzio Foods 800 288 1089  
(we buy it at a local store and haven't tried mail order)

You can probably improve on this recipe, we're still experimenting with it.  
From: Darice Sweet. Posted to Yeast-L list.

#### Honey Mustard Dressing

---

1/2 C spring water  
1/2 C olive oil  
1 t mustard powder  
1 pinch of white pepper\*  
1/8 t garlic powder  
2 T honey

\*Add up to 1/8 t white pepper for a peppercorn dressing, all other ingredients stay the same

I was thinking that a creamy dressing could be made out of this by adding a cooked, and then cooled egg yoke and blending it all up. I haven't tried the creamy version yet tho.

From: Patti Vincent

#### Lime, Oil and Garlic Dressing

---

1/4 teaspoon kosher salt, plus a little more if needed  
1 teaspoon finely chopped garlic  
2 tablespoons finely chopped shallots  
1/3 cup lime (or lemon) juice, plus extra, if needed  
1 cup extra-virgin olive oil, plus extra, if needed  
Freshly ground black pepper

In a small bowl, whisk the salt, garlic, and shallots with the lime juice, until the salt is dissolved. Slowly whisk in the oil until emulsified. Taste. Season with pepper and a little more salt, if needed, and add more lime juice or oil, if needed.

Makes 1 1/3 cups

From: French Food American Accent by Debra Ponzek via Kay in RFC

#### Herb Dressing

---

Chop together very fine:  
2 stalks celery and leaves  
2 small green onions + tops  
4 sprigs parsley

Add:

1 tsp. paprika

1/4 tsp. dried basil  
1/8 tsp. marjoram or rosemary

Add to above:

1 cup olive oil  
2/3 cup lemon juice

Shake vigorously in tightly covered jar until well blended. Allow to stand in refrigerator until flavors are blended.

From: Ten Talents Cookbook by Frank and Rosalie Hurd

#### Ceaser Salad Dressing Recipe

---

1 raw or coddled egg  
3 tbsp lemon juice  
garlic  
1 cup olive oil  
2 oz tin anchovies with capers packed in olive oil

Blend first three ingredients. Slowly drizzle in oil, blending continuously. Blend until dressing thickens. Add entire contents anchovies tin, blend.

From: Kathleen on PaleoFood List

#### Ranch Dressing

---

1 C paleo mayo  
1 C coconut milk  
1 t dried dill  
1/2 t garlic powder  
Pepper to taste

Mix all together. Better if refrigerated for one hour before serving but not necessary. Should be noted that this tastes just like regular dressing, no coconut taste at all. Great as a salad dressing or dip for raw veggies.

From: Patti Vincent

#### Salad Dressing

---

4 large raw carrots  
1 cup raisins  
1 T orange juice  
lettuce

Using a hand grinder (like you would grind meat with) put through and grind the carrots and raisins. Add 1 T orange juice to finished mixture and mix with lettuce.

From: a child's cookbook from 1931

Paleo Salad Dressing

-----  
Tahini  
garlic  
chopped parsley  
lemon juice  
salt, etc. to taste

Mix.

From: Kim Tedrow on the PaleoFood list

Tartar Sauce

-----  
1 C paleo mayo  
1/4 C finely chopped onion  
1 T lemon juice  
1/2 t dried dill

Mix ingredients together. The flavor is best after chilling for an hour before serving.

From: Patti Vincent

## Salad Dressings (Tomato Based)

Russian Salad Dressing

-----  
1 cup tomatoes (whole canned) or thick juice  
1/2 cup olive oil  
1/2 cup lemon juice  
1 Tbsp honey  
1 tsp paprika  
1 small green onion OR 1 tsp onion powder  
optional - 1 tsp horseradish powder  
optional - 1 garlic clove

Blenderize until smooth, makes about 2 cups.

From: Ten Talents Cookbook by Frank and Rosalie Hurd

Tomato Dressing

-----  
1/3 cup tomato puree  
1/2 cup olive oil  
1/3 cup lemon juice  
1 clove garlic

1 onion, chopped  
1 Tbsp honey

Whizz in blender until smooth.

From: Ten Talents Cookbook by Frank and Rosalie Hurd

#### Atkins Vinegar and Sugar-Free Ketchup

-----  
2 cups Tomato Paste (no "flavorings" or salt)  
1/2 cup lemon juice  
1/2 cup water  
1 t oregano  
1/8 t cumin  
1/8 t nutmeg  
1/8 t pepper  
1/2 t dry mustard  
dash garlic powder

Place all ingredients in a blender or food process and blend well.

Refrigerate.

Makes 40 tablespoons/carbs per Tablespoon: 0.6

From: alt.support.diet.low-carb

#### Salad Dressing

-----  
Olive oil and lemon juice in a three to one ratio  
about 1 tablespoon of tomato paste  
a couple of slices of fresh onion  
approx. 2 cloves garlic  
about 2 tsps mustard.

Whirl in the blender and toss with hot, nuked broccoli florets. Of course it can be used on salad.

From: Beverle

## Mayonnaise

Aioli, the famous garlic mayonnaise of Provence

-----  
4-6 large garlic cloves, peeled  
2 egg yolks, lightly beaten--at room temperature  
about 2 cups olive oil--at room temperature  
lukewarm water  
juice of 1 lemon

Pound the garlic cloves to a paste. Add the egg yolks. Mix in a bowl with

a wooden spoon (or use a marble mortar and wooden pestle), always turning in one direction, until the garlic and eggs have assimilated and are just beginning to get pale. While doing this, add about 4 Tbsp. of oil, very very slowly, drop by drop. The mixture should be thick. Add 1 Tbsp of water and 1 tsp of lemon juice and continue stirring, adding the oil in a very thin stream. When the mixture gets too thick again, add 1 more tsp. each water and lemon juice. Repeat until all oil is used. If the mayonnaise separates, Put it into a clean bowl. Add a garlic clove, 1 tsp of lukewarm water, and 1 egg yolk. Crush and mix together. Add the separated mayonnaise by teaspoons to the bowl, stirring constantly in one direction.

From: Nika Hazelton's Way with Vegetables

### Cooked Mayo

---

2 egg yolks  
2 tbls lemon juice  
2 tbls water  
1 teas dry mustard  
Dash pepper  
1 cup very light olive oil

In small saucepan, stir together egg yolks, lemon juice, water, mustard, and pepper until thoroughly blended. Cook over very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Let stand 4 minutes. Pour into blender container. Cover and blend at high speed. While blending, very slowly add oil. Blend until thick and smooth. Occasionally, turn off blender and scrape down sides of container with rubber spatula, if necessary. Cover and chill if not using immediately.

From: Molly NiDana

### Blender Mayonnaise (1 1/2 cups)

---

1 whole egg  
1/2 teas dry mustard  
1 cup olive oil  
1 1/2 tbls lemon juice  
1 tbls boiling water

Place the egg, mustard and 1/4 cup of the oil in an electric blender. Turn on the motor and add the remaining 3/4 cup oil in a slow, thin stream. Add the lemon juice and water. Refrigerate. Note: if using a food processor, add an extra egg yolk, omit the water, use up to 1/2 cup more oil, and adjust lemon juice to taste.

From: The Fannie Farmer cookbook, via Vickie

### Blender Green Mayonnaise (1 3/4 cups)

---

3/4 cup fresh mixed greens: parsley, watercress, young spinach leaves

1/4 cup fresh basil, tarragon or dill  
1 egg + 1 egg yolk  
1 cup olive oil  
1 1/2 tablespoons lemon juice  
ground pepper to taste

Place the greens and the herb with the egg, egg yolk, and pepper in an electric blender or food processor and blend until the greens are pureed. Start adding the oil in a slow, thin stream until the mixture becomes too thick, then add the lemon juice and continue until all the oil is used up. If too thick, add a small amount of boiling water. Taste and refrigerate in a covered bowl or jar. Note: This must be used within a few days; after that the greens tend to turn sour. If you plan to keep it longer, blanch the greens for a minute in boiling water, then squeeze dry before using.  
From: The Fannie Farmer cookbook, via Vickie

Lemon Mayonnaise

---

1 egg  
pepper to taste  
1 Tbsp. lemon juice  
3/4-1 cup/200-250 mL olive oil

Put all ingredients into a bowl or beaker. Introduce the handblender to base of the bowl, switch it on and hold in position until the oil emulsifies.

From Braun Handblender booklet

This is also quite nice with 1/2 teaspoon of dry mustard powder and/or garlic added.

For a more seafood-thousand island type dressing, simply add a tablespoonful of tomato puree.

---

**PaleoFood Recipe Collection Contents**

**Fruits: Cold and Cooked****Cold (alphabetical by fruit)****Totally Junked Ambrosia Salad**

Recipe By : The Fat Free Junk Food Cookbook by J. Kevin Wolfe  
 Serving Size : 8 Preparation Time :3:00  
 Categories : Posted Power Picnicking

| Amount | Measure     | Ingredient -- Preparation Method          |
|--------|-------------|-------------------------------------------|
| 2      | tablespoons | arrowroot powder                          |
| 2      | tablespoons | water                                     |
| 2      | cans        | fruit, juice of -- (15 ounce) your choice |
|        |             | water -- as needed                        |
| 1/8    | cup         | honey                                     |
|        |             | fruit -- from above                       |
| 4      | cups        | fresh fruit -- * see note                 |

\* Go for at least 6 different fruits:

strawberries, kiwis, apples, grapes, peaches, pears, melon, tangerines, oranges, blueberries, cherries, or pineapple.

In a medium saucepan mix the arrowroot powder and water until well blended. Measure the juice from the cans of fruit, add enough water to make 2 cups. Add the juice and water mixture and honey to the saucepan. Boil until the mixture is clear. Let cool. Meanwhile, put the canned fruits in a large serving bowl. Cut up the fresh fruit into the serving bowl. Pour the cooled syrup over the mixed fruit. Chill for several hours before serving.

TIP: If you live in a bomb shelter with no access to fresh fruit, 4 additional 15 ounce drained cans of fruit may be used in place of the fresh fruit.

MasterCook formatted by Christopher E. Eaves  
 Posted by addicts@winternet.com to rec.food.recipes  
 Adapted by Patti Vincent

**AMBROSIA SALAD**

Recipe By : FOOD IN A FLASH % SHOW #FF2108  
 Serving Size : 1 Preparation Time :0:00  
 Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | can     | mandarin oranges -- drained      |

|     |             |                                |
|-----|-------------|--------------------------------|
| 1   |             | apple -- cut into small chunks |
| 2   |             | kiwifruit -- peeled and sliced |
| 1   | cup         | halved strawberries            |
| 1/2 | cup         | coconut milk                   |
| 2   | tablespoons | raw honey                      |
| 1/4 | teaspoon    | ground cinnamon                |
| 2   | tablespoons | toasted shredded coconut       |
|     |             | Lettuce leaves                 |

In a large bowl, add mandarin oranges, apple and kiwi and strawberries. Mix well. In a small bowl, mix together coconut milk, honey, cinnamon and toasted coconut. Pour dressing onto fruit. Mix well. Pour fruit mixture onto lettuce leaves. Chill until ready to serve. Approximately 5 minutes.

Posted by addicts@winternet.com to rec.food.recipes

-----

#### Apple Peach Walnuts Cream- A Vitamix recipe

-----

1 Apples  
2 Peaches or Nectarines  
1 cup Walnuts (soaked overnight)  
4-5 Dates (fresh or dried)

For all mixtures: blend the ingredients in Vitamix for few seconds  
From: [www.rawtimes.com](http://www.rawtimes.com)

#### Blender Applesauce

-----

6 eating apples  
1/4 cup raw honey  
2-3 Tbsp fresh lemon juice

Mix honey and lemon juice. Core and slice apples, peel thin if desired. Mix with honey and blenderize just until smooth. Makes 4 servings.  
From: Ten Talents Cookbook by Frank and Rosalie Hurd.

#### Apple Snow

-----

2 egg whites  
8 oz/225 g cooked apples  
1 tsp. cinnamon

Blend apples and cinnamon in container using electric hand blender. Whip egg whites with whisk until very stiff. Carefully fold egg white into apple puree. Chill.

From: Braun Handblender booklet

Apricot Yummies

-----  
Sun-dried unsulfured apricots  
Raw walnuts

Mix together equal parts of ground apricots and walnuts (Run through coarse food grinder). Shape into flat squares or balls. May be rolled in shredded coconut. These freeze very well.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

January Fresh Fruit Whip

-----  
1 ripe avocado  
1 pear  
1 banana  
1 Tbsp raw honey  
Pineapple or lemon juice

Blender until smooth. Serve in sherbert glasses.

Adapted from: Ten Talents Cookbook by Frank and Rosalie Hurd.

Paleo Smoothie

-----  
Frozen berries  
frozen pineapple, crushed,  
some bananas  
dash of pure almond milk (no rice malt sweetener) if desired  
a generous portion of coconut milk/creme (Thai Kitchen brand, full-fat)

Blend it up & enjoy.

From: Alexs

Smoothie

-----  
16 oz. orange juice  
1/2 cup strawberries  
1 banana  
4 - 5 ice cubes (gives it a slushie texture)  
From: RetroTrish in rec.food.veg

Smoothies

-----  
I just take some frozen fruit (peaches, strawberries, etc) and fill the blender to about the 1 1/2 cup line. I then cover that with the orange juice and whirl away.

From: Kathy Przywara posted to No-Milk list

### Smoothie

-----  
1 small carrot, scrubbed, unpeeled  
1 peeled and cored apple  
1 peeled and cored pear  
1 medium orange, peeled  
about 1 cup of frozen whole strawberries  
3/4 cup orange juice  
4 ice cubes

Whiz all together in the blender. Serves two.

From: Diane Wirth in sci.med.nutrition

### Could It Be Chocolate Pudding?

-----  
12 dates  
12 black mission figs  
1 quart purified water  
1 tsp raw carob powder

Blend 12 dates, 12 black mission figs and 1 quart of purified water; (More or less water may be needed depending on the dryness of your fruit.) Start with slightly less. Add one teaspoon of raw carob powder. Chill and serve in in pudding glasses

From: Dr. Douglas Graham, [www.rawtimes.com](http://www.rawtimes.com)

### Fruity Chews

-----  
Put thru a food grinder:  
1 cup dates  
1 cup dried apricots, unsulfured  
1 cup raisins  
1 cup walnuts or pecans

Add in and mix:

1 cup coconut shreds  
3 Tbsp.fresh lemon juice

Pack smooth into flat pan lined with waxed paper. Chill and cut into squares. May be rolled in fine coconut. Can be made into balls and flattened with a walnut half. Freeze well.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

### Peeling Mangoes

-----  
Using a peeler, peel the mango. Then, hold the mango on the counter (works

best if on a towel, or a paper towel) narrow edge and stem facing up. Get a good sharp knife and allowing about 1" in the middle, cut down on each side of the mango, so you have two 'halves' and the middle where the pit is. If you meet resistance, move the knife toward the outside of the mango until you can cut through. Then cut as much as you can off the pit. Slice and eat....oh yeah, either toss or plant (yeah, right) the pit. Patience is the key.

From: rec.food.cooking

#### Mango Papaya Strawberry Almond Cream- A Vitamix recipe

---

1 Mango  
1/2 Papaya  
1 cup Almonds (soaked overnight and blanched)  
5-6 Strawberries

For all mixtures: blend the ingredients in Vitamix for few seconds  
from: [www.rawtimes.com](http://www.rawtimes.com)

#### Spiced Oranges

---

1/4 cup grape juice  
3 Tbsp water  
1 Tbsp raw honey  
1 lemon slice  
1 small (1 inch) stick cinnamon  
1 whole clove  
2 medium oranges, peeled and sectioned  
fresh mint (optional)

In a saucepan, combine the first 6 ingredients. Cook over medium heat until slightly thickened, about 15 minutes. Add oranges; simmer for 1 minute. Pour into a bowl and refrigerate. Discard lemon, cinnamon and clove before serving, garnish with mint. Makes 2 servings.

Adapted from: Sue Ross in Quick Cooking, N/D '98

#### Hawaiian Tidbits

---

1/2 cup raw honey  
2 Tbsp pineapple juice  
4 ripe bananas  
1 cup finely chopped nuts or shredded coconut

Dilute honey with juice. Peel and cut bananas into 1" pieces. Dip each piece in honey mixture and roll in coconut or nuts until well coated. Place on waxed paper. Chill. Serve on picks.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

## Cooked (alphabetical by fruit)

### Maple Baked Apples

-----  
8 large tart red apples  
1 cup pure maple syrup  
16 dates  
2 tsp grated lemon rind

Pare top half of apples, remove cores. Place apples in a large baking dish. Stuff each one with 2 dates. Combine maple syrup with lemon rind and a little water. Pour over apples and bake at 375F for 1 hour or until tender. Baste with the syrup occasionally.

Serve warm or chilled. Can be made ahead for a nice breakfast.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

### Baked Apples

-----  
4 apples  
1 cup raisins  
1/4 tsp cinnamon  
1/2 tsp vanilla  
1/2 cup apple juice  
1/4 cup walnuts, almonds or pecans, chopped  
2 tbsp almond butter (optional)

Heat oven to 375F. Core and pierce apples with a fork in several places around the center, to prevent them bursting. Mix raisins, nuts, butter, cinnamon and vanilla in a small bowl. Fill center of each apple with this mix. Place in a glass baking dish, and pour apple juice into the pan. Cover with foil and bake about 30 minutes, or until tender.

From: "Cooking Healthy with One Foot out the Door",

### Cinnamon Apple Chips

-----  
2 C. unsweetened apple juice  
1 cinnamon stick  
2 Red Delicious apples

In large skillet or pot, combine apple juice and cinnamon stick; bring to a low boil while preparing apples. With sharp knife, slice off 1/2 inch from top and bottom of apples and discard (or eat!). Stand apples on either cut end and gently slice crosswise into very thin (1/8 inch) rings, rotating the apple as necessary to get even slices. Drop apple slices into boiling juice; cook 4 to 5 minutes until apple slices appear translucent and lightly golden. Meanwhile, heat oven to 250 F. With slotted spatula, remove

apple slices from juice and pat dry. Arrange slices on cake-cooling racks, being sure none overlap. With pot holder (rack will become hot from chips) place racks on middle shelf in oven; bake 30 to 40 minutes until apple slices are lightly browned and almost dry to touch. Let chips completely cool on racks before storing in airtight container. Makes 2 servings.

From: Clelia

#### Apple Crisp

-----  
You could coat apple slices with cinnamon and arrowroot. Add walnut pieces on top, drizzle with a bit of honey and bake. That might be close to an apple crisp.

From: Patti Vincent

#### Fried Wild Apples

-----  
4   tbsp bacon grease  
1/4 cup water  
1/2 tsp cinnamon  
4   strips bacon, crumbled  
6   cups wild apples, cored and sliced thin

In a heavy skillet, heat the bacon grease. Add apples. Lower heat and let the apples fry, turning often with a spatula, until barely tender. Add water if the pan gets dry. When the apples are tender, sprinkle with cinnamon; crumbled bacon. Serve over pork chops or ham.

From: Chris

#### Fried Apples and Bacon

-----  
3 or 4 apples peeled (or unpeeled) and chopped  
1/2 lb. bacon (I like Walnut Acres Sunday Bacon, cured with pure maple with no nitrates)

Fry bacon, drain and retain drippings. Fry apples in the hot bacon grease until soft. Crumble bacon, toss with apples and serve.

From: Binnie

#### Thai Bananas in Coconut Milk

-----  
1 14 oz can coconut milk  
3 large bananas sliced  
pinch of salt

Optional, for an Indian touch add:

crushed black pepper

turmeric  
mustard powder  
1 red chili  
urad dal ?  
curry leaves  
oil for seasoning

On medium heat, simmer everything for 10 minutes. Serve immediately.

Makes 4 servings.

Adapted from a tag on a can of Thai Kitchen coconut milk

### Baked Bananas

-----  
3 small bananas peeled  
1/2 teaspoon grated orange rind  
1/2 tablespoon pure maple syrup  
1 tablespoon lemon juice  
1/8 teaspoon salt  
1/8 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1 tablespoon olive oil, or melted coconut oil

Cut each banana crosswise into 8 pieces. Arrange banana slices in an 8-inch square baking dish. Sprinkle evenly with orange rind, maple syrup, juice, salt, and spices, drizzle with oil. Bake uncovered at 350 degrees for 45 minutes, basting after 15 minutes with liquid in dish. Serve banana slices hot on wooden sticks. Yield: 12 appetizer servings.

From: Don Keen's Spicy Kitchen. Originally posting on act.food diabetic

### Fried Plantain

-----  
2 plantains  
Olive oil for frying

Cut plantains into about 1/2 inch slices. Fry for several minutes in hot oil, until slices begin to turn golden (not too dark), and they are beginning to get tender. They do not need to be really soft at this point.

### Pumpkin Custard

-----  
1/4 C raw honey  
1/2 t salt  
1 t cinnamon  
1/2 t ginger  
1/4 t cloves  
2 eggs  
15 oz can pumpkin or 1 3/4 C cooked pumpkin  
1 1/2 C coconut milk

Mix all and bake at 400 for 15 minutes, then 350 for 40-50 minutes. Custard is done when a knife can be inserted in the center and comes out clean.

From: Patti Vincent

Dried Fruit Compote

---

2 cups dates, cut in 1/4 pieces  
2 cups dried apricots (cut)  
2 cups black mission figs (cut)  
2 cups dried peaches (cut)  
4 cups apples (cut in slices, raw-firm-tart)  
optional - 2 quarts of home canned pears

Place fruit in kettle big enough to allow fruit to swell. Cover with water about 2 - 3". Let soak 1 hour if convenient. If not, bring to a boil, and simmer 2 - 3 minutes. Add 2 T. arrowroot powder or agar-agar. Simmer 2 minutes more. Add 1 Tbsp. each lemon and orange rind (Scrub the fruit well, use the white part just below the color). When all the fruits are mixed it should be quite thick. Remove from heat. Add 2 quarts of pears. Good warm or cold.

From: Ten Talents Cookbook by Frank and Rosalie Hurd.

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**PaleoFood Recipe Collection Contents**

## **Chicken: Baked (Without and With Tomatoes), Crock Pot (Without and With Tomatoes)**

### **Baked (Without Tomatoes)**

#### Fruited Chicken Thighs

-----  
6 Tbsp olive oil  
1 medium onion, chopped  
1/4 cup finely chopped celery  
1 garlic clove, minced  
2 medium apples, cored and chopped  
1/4 cup raisins  
1/4 cup chopped walnuts  
1 egg, beaten  
8 large chicken thighs  
1 tsp dried tarragon

In a medium size frying pan, heat 2 Tbsp oil. Add onion, celery and garlic. Sauté about 3 minutes, until onion and celery are tender. Remove from heat and add apple, raisins, walnuts and eggs; mix well. Preheat oven to 350F. Prepare chicken thighs by pulling the skin away from the meat without removing it. Stuff apple mixture between the skin and meat. Arrange chicken pieces in a foil-lined 13" x 9" x 2" baking dish. In a small bowl, combine the remaining 4 tbsp olive oil with tarragon. Brush over chicken thighs. Bake, uncovered, basting every 15 minutes, for 1 hour, until chicken is tender.

From \_365 Ways to Cook Chicken\_ by Cheryl Sedaker

#### Chicken A La Greque

-----  
1 Tbsp dried oregano  
1/4 tsp. pepper  
1 chicken (3 pounds), cut up  
1/4 cup olive oil  
2 Tbsp lemon juice

Preheat oven to 400F. Combine oregano and pepper in a small dish. Rub seasonings into chicken. Arrange in a 13 x 9 x 2 inch baking dish. Blend together olive oil and lemon juice. Pour over chicken pieces. Bake 40 minutes, until tender.

Adapted from \_365 Ways to Cook Chicken\_ by Cheryl Sedaker.

#### Italian Chicken

-----  
2 tbsp olive oil  
2 tbsp lemon juice

1 clove garlic, crushed  
1/4 tsp dried oregano  
1/8 tsp pepper

Mix all in a shallow dish. Add 4 pieces of chicken, turning to coat well. Cover and refrigerate for 8-12 hours, remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.

From JoAnn

### Italian Chicken

-----  
6 boneless, skinless chicken breast halves  
1/2 cup Italian salad dressing

In a shallow dish, pour dressing over chicken. Cover and marinate in the refrigerator up to 3 hours. Remove from refrigerator, bake chicken in the marinade at 425 degrees for 20 minutes or until chicken is no longer pink. You can also grill this recipe, after marinating, discard marinade, and use another 1/4 cup of dressing to brush on chicken while cooking. Cook until chicken is no longer pink inside.

From Pam at <http://www.ilovejesus.com/lot/locarb/>

### Rosemary Chicken

-----  
1 fresh chicken  
1 bunch of fresh rosemary  
1 clove of garlic  
1 whole onion  
1 teaspoon kosher salt  
olive oil

After proper cleansing, rub chicken with olive oil inside and out. Place rosemary inside chicken cavity with a whole peeled onion. Crush or squeeze garlic and rub over chicken or place slices under skin of breast. Sprinkle with salt and place in roasting pan. Cook at 300\* for 3 hours.

From: Trish Tipton on the PaleoFood list

### Mandarin Chicken Salad

-----  
2 scallions, sliced  
6 tbsp olive oil  
1/4 tsp. pepper  
1/2 cup coarsely chopped pecans  
2 cups diced (1/2 inch) cooked chicken  
1 bunch watercress, tough stems removed  
1-11 oz. can mandarin oranges, rinsed well, drained and chilled

2 tbsp lemon or lime juice (substitute for red wine vinegar)

Preheat oven to 325F. Spread out pecans on a small baking sheet. Bake for 10-15 minutes, until lightly toasted. In a salad bowl, combine chicken, watercress, oranges, scallions and toasted pecans. Drizzle on oil, juice, and pepper. Toss to coat.

Adapted from 365 Ways to Cook Chicken by Cheryl Sedaker.

### Garlic Chicken

---

1/4 cup olive oil

1 large onion, diced

pepper to taste

juice of 2 lemons

2 large carrots, sliced

4 celery stalks, sliced

2 3-pound chickens, cut into pieces, no backs or wings

20-30 garlic cloves, unpeeled and left whole (yes, it said "twenty to thirty"!)

Heat the oil in a frying pan. Add the onion, carrots and celery, stirring constantly, until they are soft. With a slotted spoon, transfer the vegetables to a casserole dish with a tight-fitting lid, or to a clay pot. Lay the chicken pieces on top of the vegetables. Sprinkle with pepper and lemon juice. Put the garlic around and on the chicken pieces. Cover tightly, this is essential, because the chicken must cook in its own juices. Cook in a preheated 350F oven for 1 hour. Do not uncover until ready to serve.

From Nika Hazelton's Way with Vegetables

### Easy Baked Chicken

---

Take some chicken breasts, pound thin. Coat with pesto (sans parmesan), then coat with crushed macadamias. Bake about 1/2 hour at around 350 or so.

From JoAnn

### Chicken Veggie Packets

---

4 boneless skinless chicken breast halves, about 1 pound

1/2 pound fresh mushrooms, sliced

1-1/2 cups baby carrots, halved lengthwise

1 cup frozen pearl onions, thawed

1/2 cup julienned sweet red pepper

1/4 teaspoon pepper

1 teaspoon dried thyme

Flatten chicken breasts to 1/2 inch thickness; place each on a piece of heavy-duty foil, about 12"x12". Layer mushrooms, carrots, onions and red

pepper over chicken, sprinkle with thyme and pepper. Fold foil around chicken and vegetables and seal tightly. Place on a baking sheet. Bake at 375F for 20 minutes, or until chicken juices run clear. Makes 4 servings. From: Edna Shaffer in Quick Cooking, J/F '99

### Thai Curry-Braised Chicken

---

The heat of this dish is controlled by the amount of curry paste used and is also flavored with coconut juice and ginger, giving it sweet and spicy tastes and lots of body.

4 ea. chicken leg  
1 tbsp. olive oil  
1 tsp. sea salt  
1/2 tsp. freshly cracked black pepper  
1/2 ea. onion, diced  
1 tbsp. ginger, minced  
1 ea. garlic clove, minced  
1 tbsp. Thai Red Curry Paste, to taste (recipe)  
1 1/2 cup homemade chicken broth  
4 ea. baby bok choy  
3/4 cup coconut milk  
1 tbsp. fresh lime juice  
1 tbsp. cilantro leaves, chopped

1 Preheat oven to 325 degrees F(165 C). Cut through the tip of the chicken leg knuckle; pull the skin up and gather it around the cut knuckle. Cut around the leg bone just below the gathered skin. Remove skin. Cut through the joint to separate the thigh and drumstick.

2 Heat the oil in a skillet with a tight-fitting lid over medium-low heat. Season the chicken with salt and pepper. Add chicken to the pan and sear on all sides. Remove chicken and keep warm.

3 Stir in onions, ginger, and garlic and saute until onions are translucent, about 4 minutes. Stir in curry paste and broth. Add the chicken back to the pan. Bring the broth to a simmer; cover and transfer to the oven. Cook the chicken, turning once, for 30 minutes.

4 Cut the bok choy stalks in half and place on a plate with a small amount of water and cover with plastic wrap. Microwave on high for 2 minutes.

5 Remove pan from the oven, remove chicken, and reserve. Bring cooking liquid to a simmer and stir in the coconut milk. Stir in lime juice and simmer for 2 minutes. Add the cilantro and return the chicken to the pan.

6 Place 2 bok choy halves, onto each plate. Portion 1 drumstick and 1 thigh on each plate. Spoon sauce over chicken and garnish with cilantro sprigs. Estimated Time: 45min. Number of Servings 4

Original recipe by: Digital Chef

## Baked (With Tomatoes)

### Prunes and Pepper Creole

-----  
1 cup chopped pitted prunes  
1 cup hot chicken broth  
2 Tbsp olive oil  
1 chicken, 3 pounds, cut up  
2 medium onions, chopped  
1 medium green bell pepper, cut into 1" squares  
1 garlic clove, chopped  
1 can (16 oz) whole tomatoes, broken up  
1/2 tsp dried basil  
1/4 tsp pepper  
1/4 dried thyme

In a small bowl, combine prunes and chicken broth and set aside. Heat oil in a large frying pan over medium heat. Add chicken and cook, turning, until brown, about 10 minutes. Transfer chicken to a 13" x 9" x 2" baking dish. Preheat oven to 375F. Drain all but 2 Tbsp fat from pan. Add onions, green pepper and garlic. Cook, stirring, 5 minutes, until vegetables soften. Stir in tomatoes, basil, pepper and thyme. Bring to a boil and pour over chicken. Bake for 30 minutes. Pour prunes and broth over chicken, stirring to combine. Bake 15 minutes more, until chicken is tender.

From 365 Ways to Cook Chicken by Cheryl Sedaker

### Country Captain Chicken

-----  
1 chicken (3 pounds) cut up  
3 Tbsp olive oil  
1 cup chopped onion  
1/2 cup chopped green bell pepper  
1/2 cup chopped red bell pepper  
1 garlic clove, finely chopped  
2 tsp. curry powder  
1/4 tsp. pepper  
1/4 tsp. mace  
1 Tbsp chopped parsley  
1/2 cup raisins  
1 can (16 oz) whole tomatoes, cut up, with juices  
1/4 cup slivered almonds, toasted, for garnish.

Preheat oven to 350F. In a large Dutch oven, heat oil over med. heat. Add chicken and cook, turning, until brown, about 10 minutes. Remove chicken and set aside. To the same pan, add onion, bell peppers, and garlic. Cook until onion and peppers are tender, about 5 minutes. Add curry powder, pepper, and mace. Stir until well blended. Add tomatoes, parsley and raisins. Bring to a boil and return chicken to the pot. Reduce heat and simmer, partly covered, 30-40 minutes, until chicken is tender. Serve

garnished with almonds.

From 365 Ways to Cook Chicken by Cheryl Sedaker.

### Chicken Cutlets with Olives and Tomatoes

---

Large Foil Pan Or Two 9 X 13 Pans, greased or lightly sprayed  
6 skinless chicken breasts

6 cloves garlic, chopped

1 large onion, chopped

3 tablespoons extra virgin olive oil

juice of 1 lemon

16 ounce can plum tomatoes, drained and chopped or equivalent amount of  
fresh plum tomatoes, blanched to remove skin and chopped

18 black olives, drained, pitted and chopped (about 1/2 can)

3 tablespoons fresh parsley, chopped fine (divided)

2 teaspoons fresh thyme (chopped)

salt and freshly ground pepper to taste

375 F oven

Marinate chicken in 2 tablespoons oil, lemon juice and salt and pepper for  
one hour, turning often. In a large skillet sauté garlic and onions in  
remaining 1 tablespoon olive oil. Add tomatoes and olives and sauté for 15  
minutes, uncovered, stirring often. Add 1 tablespoon of the parsley and all  
of the thyme, stirring to combine. Place the chicken breasts in the  
prepared pans and cover with sautéed mixture. Sprinkle with remaining  
parsley. Bake for 35 - 40 minutes in a 375F. oven or until brown.

Yield: 8 - 10 main course portions

From: MS Dietary Home Page <http://www.2x2.co.nz/ms/>

## Crock Pot (Without Tomatoes)

### Chicken In A Pot

---

3 lb whole chicken

2 carrots, sliced

2 onions, sliced

2 celery stalks with leaves, cut in 1 inch pieces

1 ts basil

1/2 ts salt

1/2 ts black pepper

1/2 c chicken broth

Put carrots, onions, and celery in bottom of crock-pot. Add whole  
chicken. Top with salt, pepper, liquid. Sprinkle basil over top.  
Cover and cook until done-low 8 to 10 hours. (High 3 to 4 hours,  
using 1 cup water). Remove chicken and vegetables with spatula.

Yield: 6 servings

From: rec.food recipes archives

Crock Pot Chicken

-----  
1 chicken  
2 carrots, sliced thinly  
2 md onions, sliced thinly  
2 celery stalks with leaves, chopped  
1/2 t salt  
1/2 t black pepper  
16 oz chicken broth  
2 c water  
1 t basil, crushed  
1 t oraneno  
1 t garlic powder

In a slow cooker, put in half of the chicken broth. Place half of the carrots, celery and onions in the bottom. Place the chicken (back side down) in the slow cooker. Add remaining broth, vegetables, salt and pepper, basil, orageno and garlic. Place lid on cooker and cook on LOW heat for 7-10 hours or HIGH heat for 2 1/2 to 3 1/2 hours. Serves four.

From: rec.food recipes archives

Adapted by Patti Vincent

Sicilian Hens

-----  
2 Cornish hens, thawed, halved  
1/4 cup toasted sliced almonds  
3 tbsp drained capers  
3 tbsp chopped fresh parsley  
1 garlic clove, chopped  
1/2 tsp paprika  
2 tsp olive oil  
1/4 tsp salt  
1/8 tsp pepper

Chopped ripe olives

In food processor fitted with metal blade, combine almonds, capers, parsley, garlic, paprika, oil, salt & pepper. Process until finely chopped but not pureed. Pat mixture on all sides of Cornish hens. Place on rack in slow cooker (crock pot). If all hens do not fit on rack, place 2 halves on rack; lightly cover with heavy-duty foil. Arrange remaining halves on top of foil. Cover and cook on LOW 7-8 hours. Sprinkle with chopped olives. Makes 4 servings...

From: Jody on the celiac list

## Crock Pot (With Tomatoes)

### Crockpot Chicken Cacciatore

-----  
1 lg. onion, thinly sliced  
3 lbs. cut up chicken  
2 (6 oz.) cans tomato paste (I prefer it with the same amount of tomato sauce instead)  
4 oz. sliced mushrooms  
1 tsp. salt  
1 to 2 cloves garlic, minced  
1 to 2 tsp. oregano  
1/2 tsp. celery seed (I omit this)  
1 bay leaf  
1/2 cupwater

Place onions in bottom of crock pot. Add chicken pieces. Stir together remaining ingredients. Pour over chicken. Cook on low 7 to 9 hours; high 3 to 4 hours.

From: matthewsma@aol.com (MatthewsMa)

### Crockpot Italian Chicken

-----  
12 boneless, skinless chicken thighs, cut into 1-inch pieces  
2 14.5 oz cans tomatoes with Italian herbs  
2 cups cubed zucchini  
1 cup pearl onions, peeled  
1 cup baby carrots  
2 tablespoons tomato paste  
4 cloves garlic, chopped  
1 teaspoon raw honey  
1 teaspoon red pepper flakes

Combine all ingredients in crockpot. Stir to mix.

Cook on low setting 6 to 10 hours or until done.

Adapted from arielle@taronga.com (Stephanie da Silva) in rec.food.recipes

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## [PaleoFood Recipe Collection Contents](#)

From: brian6@vaxb.mdx.ac.uk (Lightbulb joke collector extraordinaire and alt.fan.lightbulbs FAQ maintainer.)  
Newsgroups: rec.food.veg  
Subject: Calcium (all you ever wanted to know about...)  
Date: 4 May 1995 07:57:14 GMT  
Organization: Middlesex University, London, England  
Lines: 457

## CALCIUM

by Reed Mangels, Ph.D., R.D.

Summary: Calcium, needed for strong bones.

Green leafy vegetables such as kale are as good as or better than milk as calcium sources. Other good sources include: White/Wholemeal bread, Taco Shells, Oats, Soyabeans, Tofu, Almonds, Brazil Nuts, Pistachios, Sunflower Seeds, Sesame Seeds, Flax Seed, Carob, Carrots, Cabbage, Garlic, Parsley Spirulina, Chives, Seaweed, Cauliflower, Okra, Cassava, Figs, Papaya, Rhubarb, Molasses, tap water...

High protein diets appear to lead to increased calcium losses. Calcium requirements for those on lower protein, plant-based diets are believed to be below the usual recommendations.

The [American] National Research Council itself (which set the RDA values in the first place), acknowledges that people have been able to maintain calcium balance on intakes of as low as 200 - 400 gm/day. They recommended the 800 mg/day because of the excessively HIGH PROTEIN diet of most Americans (see NRC, RECOMMENDED DIETARY ALLOWANCES, 9TH ed., 1980, p. 120-29)

Calcium is a very important mineral in the human body. Our bones contain large amounts of calcium which helps to make them firm and rigid. Calcium is also needed for many other tasks including nerve and muscle function and blood clotting. These other tasks are so important for survival, that, when dietary calcium is too low, calcium will be lost from bone and used for other critical functions. Calcium in the blood is tightly controlled by the body, so calcium status cannot be assessed by measuring blood calcium levels.

Because of heavy promotion by the American dairy industry, the public often believes that cow's milk is the sole source of calcium. However, other excellent sources of calcium exist so that vegans eating varied diets need not be concerned about getting adequate calcium. Table 9 (see below) shows the amount of calcium in selected foods. When you realize that there is as much calcium in 5 ounces of firm tofu or 3/4 cups of collard greens as there is in one cup of cow's milk, it is easy to see why groups of people who do not drink cow's milk still have strong bones and teeth.

How much calcium do we need? The RDA for adults age 25 and older is 800 milligrams of calcium per day (1). An intake of 1200 milligrams of calcium per day is recommended for those age 11-24. In other countries, calcium recommendations are lower than in the US. For example, British adults are advised to have a calcium intake of 500 milligrams per day (2) and adults in Japan are told to have 600 milligrams of calcium daily (3). Does only science influence these recommendations or are political and economic factors also at work? (Read Nutrition Action Health Letter from Center for Science in the Public Interest, Vegetarian Journal, Guide to Healthy Eating from Physician's Committee for Responsible Medicine, Nutrition Week from the Community Nutrition Institute, Advertising Age, and National Dairy Council materials for insight into forces shaping

recommendations.)

Calcium requirements may be influenced by high protein intakes (4). High protein diets seem to markedly increase the amount of calcium lost from the body every day (5,6). In fact, when young adults had a protein intake of 48 grams per day (slightly lower than the current RDA) they had no net loss of calcium, even though the amount of calcium in their diet was as low as 500 milligrams daily (7). In contrast, when young adults were on a diet high in protein (112 grams -- typical of many Americans), they lost substantial amounts of calcium in their urine, even when calcium intakes were as high as 1400 milligrams per day (7).

Although phosphorus, another mineral found in foods which are high in protein, does reduce the effects of protein on calcium somewhat, calcium status appears to be more affected by the amount of protein in the diet (5, 6). A protein intake above 70 grams per day is not recommended (6). Of course, this level of protein intake is likely to be exceeded on a meat-based diet or a diet high in dairy products. As Table 10 (see below) shows, by eating 2 servings of meat or fish, an egg, and 2 cups of milk every day, a person would come close to exceeding the 70 gram upper limit for protein without even considering other protein sources such as breads and vegetables.

---

Table 9: Calcium Content of Selected Vegan Foods

| Food                                           | Amount   | Calcium (mg) |
|------------------------------------------------|----------|--------------|
| Tofu, firm, processed with calcium sulfate*    | 4 ounces | 250-765      |
| Tofu, regular, processed with calcium sulfate* | 4 ounces | 120-392      |
| Collard greens, cooked                         | 1 cup    | 357          |
| Rhubarb, cooked                                | 1 cup    | 348          |
| Spinach, cooked                                | 1 cup    | 278          |
| Blackstrap molasses                            | 2 TB     | 274          |
| Turnip greens, cooked                          | 1 cup    | 249          |
| Tofu, firm, processed with nigari*             | 4 ounces | 80-230       |
| Kale, cooked                                   | 1 cup    | 179          |
| Sesame seeds                                   | 2 TB     | 176          |
| Okra, cooked                                   | 1 cup    | 176          |
| Soybeans, cooked                               | 1 cup    | 175          |
| Beet greens, cooked                            | 1 cup    | 165          |
| Bok choy, cooked                               | 1 cup    | 158          |
| Tempeh                                         | 1 cup    | 154          |
| Mustard greens, cooked                         | 1 cup    | 150          |
| Figs, dried or fresh                           | 5 medium | 135          |
| Tahini                                         | 2 TB     | 128          |
| Tofu, regular, processed with nigari*          | 4 ounces | 80-146       |
| Swiss chard, cooked                            | 1 cup    | 102          |
| Almonds                                        | 1/4 cup  | 97           |
| Broccoli, cooked                               | 1 cup    | 94           |
| Almond butter                                  | 2 TB     | 86           |
| Soymilk, commercial, plain                     | 8 ounces | 84           |

\*Read the label on your tofu container to see if it is processed with calcium sulfate or nigari.

The RDA for calcium for adults, 25 and older, is 800 milligrams per day; for those 11-24, the RDA is 1200 milligrams of calcium. United States recommendations are more than 50% higher than the British and Japanese.

Note: Oxalic acid, which is found in spinach, rhubarb, chard, and beet greens is often said to bind with calcium and reduce absorption. In laboratory experiments, calcium does combine with oxalates. However, at normal dietary intakes, oxalates have little practical effect on calcium absorption (1).

Sources: Composition of Foods. USDA Handbook 8.  
Manufacturer's information.

---

The type of protein may also be important. At least one study shows that soy protein, even at high levels, does not increase calcium excretion the same way that protein from animal sources does (5).

The RDAs for calcium were made for people consuming typical American high protein diets. Many vegan diets are lower in protein than these typical American diets. For those whose protein intake is lower, but adequate, or whose protein is from non-animal sources, calcium intakes below the RDA are probably adequate.

We recommend that two or more servings of good sources of dietary calcium be eaten daily by adults, along with the use of a diet without excessive protein. Teenagers and young adults (age 20-25) should eat 3 or more servings of foods high in calcium. Regular weight-bearing exercise such as walking, running, or aerobic dance is also recommended to promote strong, healthy bones.

Vegetarian, and especially vegan, diets are often high in fiber due to frequent use of whole grains, beans, fruits, and vegetables. This may be one reason why vegetarians have a lower incidence of heart disease and some kinds of cancer than does the general public. However, one concern with diets high in fiber is that the fiber can bind with minerals, like calcium, in the intestine and thus keep the minerals from being absorbed. Vegan diets may contain 40 or more grams of fiber per day (8). Dietary fiber intakes of 35 grams or less are not believed to have a significant impact on mineral absorption (9). However, humans may be able to adapt to diets with more than 35 grams of dietary fiber, so that, in time, these diets have little effect on calcium absorption. This adaptation apparently occurs in vegans since bone density of vegans appears to be normal (10). If calcium absorption was impaired, bone density of vegans would be expected to be low.

What about osteoporosis? Don't vegans need extra calcium to prevent osteoporosis? In osteoporosis, bones become porous and fragile. The Dairy Council leads us to believe that milk is essential to prevent osteoporosis. In reality, many other foods besides milk (see Table 9, above) provide calcium, often without the high dose of protein seen in milk.

Other factors which increase the risk of osteoporosis include small frame size, female sex, aging, heredity, cigarette smoking, excessive

alcohol, Caucasian or Oriental race, steroid use, early menopause, and prolonged immobilization.

The most promising way that nutrition can reduce the risk of osteoporosis is by promoting development of a favorable peak bone mass during the first 3 to 4 decades of life. Several studies have shown that vegetarians have the same (11, 12) or larger (13) bone masses than do omnivores.

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(410) 366-VEGE

For questions or comments on this article, please contact Brad Scott at [brad@clark.net](mailto:brad@clark.net). This article is copied with the permission of the authors. Copyright 1991 by Debra Wasserman and Reed Mangels, Ph.D., R.D.

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And here's the Physicians

Committee for Responsible Medicine (PCRM) position paper on calcium. Good sources of calcium are included in and at the end of the article.

#### BONING UP ON CALCIUM AND OSTEOPOROSIS

It is a common myth that people should increase their calcium intake. Mostly, they are encouraged to take supplements and to drink more milk. But milk may not "do a body good." The highest rates of osteoporosis are in the industrialized Western nations~the biggest consumers of milk. It turns out that keeping strong bones depends more on preventing calcium loss than on increasing calcium intake.

**Calcium in the Body:** Almost all of the calcium in the body is in the bones. There is a tiny amount in the blood stream which is responsible for muscle contraction, maintenance of the heartbeat, and transmission of nerve impulses and other functions. Hormones control the amount of calcium in the blood. Everyone constantly loses calcium through urine, sweat, and feces, and it is renewed with calcium from the bones. In the process, the body constantly breaks down and rebuilds bones. Ultimately, the body's calcium is replaced by calcium from food.

**Reducing Calcium Loss:** Since the 1920's researchers have known that diets that are high in protein, especially animal protein, cause calcium to be lost through the urine[1]. In nations with high rates of osteoporosis, protein intake is generally high~usually more than twice the U.S.

**Recommended Daily Allowance.** Vegetarians have lower rates of osteoporosis than meat eaters. This may be due to the lower protein intake of vegetarians. Different types of protein also affect this loss. Meats are overly high in protein and are high in a particular kind of protein building block, called sulfur-containing amino acids. These cause increased calcium loss[2]. Caffeine and sodium also increase the rate at which calcium is lost through urine. Alcohol inhibits calcium absorption and may also be toxic to bone[3]. Vitamin D, copper, zinc, manganese, fluorine, and boron are all essential for good bone formation, and weight-bearing exercise also increases bone mass and helps to prevent osteoporosis[4]. Boron appears to help stop the loss of calcium. The best way to get boron is through fruits, vegetables, and beans.

**The Need for Calcium:** Throughout life, people's calcium needs change. Until about age 35, people consume more calcium than their bodies lose. But around age 45, the body begins to slip into "negative calcium balance"~slowly the body loses more calcium than it takes in. As shown above, how rapidly calcium is lost depends, in part, on how much protein is in the diet, and the kind of protein it is. The loss of too much calcium can lead to "soft bones," or osteoporosis.

**Fighting Bone Loss:** Most studies have shown that high doses of calcium do

not slow bone loss. In fact, many populations with high intakes of calcium also have high rates of osteoporosis[5], probably because their high protein intake causes significant calcium loss. Some African cultures consume no dairy products and typically get only 175 to 475 milligrams of calcium per day (800mg is the U.S. RDA), but they have low rates of osteoporosis. Rates of hip fracture among different populations is one way researchers measure the prevalence of osteoporosis. One such study of ten nations revealed that as calcium intake increased, so did the number of hip fractures. Such studies have also led researchers to believe that exercise and other factors have more to do with preventing osteoporosis than calcium intake does.

**Absorbing Calcium:** The body carefully regulates its calcium absorption. The average person absorbs 30 to 70 percent of the calcium she or he eats, but the more calcium taken in, the less the body will absorb. This is to protect the body from overdosing on calcium. At the U.S. RDA of 800mg, the body may absorb as little as 15 percent of the total amount. This may be one reason that high calcium intake does not generally prevent bone loss.

While milk is a source of calcium, it certainly is not the ideal way to get your daily dose. Dairy products, with the exception of skim products, are loaded with saturated fat. Fat is directly related to heart disease and cancer. Dairy products are also high in protein. There are other reasons to worry about milk, too. Cows are routinely fed antibiotics. These are then passed directly on to the milk drinkers; antibiotics are detectable in one out of three cartons of milk. Many people are also allergic to milk, and over three-fourths of the world's population is lactose-intolerant, which means their bodies lack the enzymes necessary to digest milk.

**Great Sources of Calcium:** Dark green vegetables, such as broccoli and collard, mustard, and turnip greens are much better sources of calcium than milk. A single cup of broccoli contains almost a fourth of the U.S. RDA of calcium. Another good source is calcium-fortified orange juice. Beans and tortillas are also good sources of calcium.

Some people do need hormone treatments and/or calcium supplementation for varying conditions. The risks and benefits should be discussed with one's doctor.

**Conclusion:** Calcium is an essential nutrient and is needed for healthy bones particularly during childhood and adolescence. While it is uncertain how much calcium is actually needed, it is certain that diet affects calcium balance. Calcium supplements are not the best way to control osteoporosis for most people. A diet that is modest in protein, complemented by exercise, is much more effective. Green leafy vegetables and beans are good sources of calcium that are also moderate in protein and very low in fat.

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## CALCIUM SOURCES

Calcium is found in a variety of plant foods. The following are low-fat, cholesterol-free sources of calcium.

| Food                   | Amount     | Milligrams of Calcium |
|------------------------|------------|-----------------------|
| Collard Greens         | 1 cup      | 355 mg                |
| Bok Choy               | 1 cup      | 250 mg                |
| Turnip Greens          | 1 cup      | 200 mg                |
| Kale                   | 1 cup      | 200 mg                |
| Broccoli               | 1 cup      | 180 mg                |
| Kelp (Seaweed)         | + cup      | 170 mg                |
| Mustard Greens         | 1 cup      | 150 mg                |
| Wakame (Seaweed)       | + cup      | 150 mg                |
| Blackstrap Molasses    | 1 Tbsp     | 140 mg                |
| Amaranth               | + cup      | 140 mg                |
| Great Northern Beans   | 1 cup      | 140 mg                |
| Dried Figs             | 5 figs     | 135 mg                |
| Vegetarian Baked Beans | 1 cup      | 130 mg                |
| Navy Beans             | 1 cup      | 130 mg                |
| Corn Tortilla          | 1 tortilla | 120 mg                |
| Fortified Orange Juice | 6 ounces   | 120 mg                |
| Kidney Beans           | 1 cup      | 115 mg                |
| Black Beans            | 1 cup      | 105 mg                |
| Okra                   | 1 cup      | 90 mg                 |
| Acorn Squash           | 1 cup      | 90 mg                 |
| Pinto Beans            | 1 cup      | 85 mg                 |
| Tofu                   | + cup      | 130 mg                |
| Soybeans               | 1 cup      | 175 mg                |

Physicians Committee for Responsible Medicine, P.O. Box 6322, Washington, DC 20015, USA, Telephone: 202 686-2210

\*\*\*\*\*end of article\*\*\*\*\*

And finally, extracts from

1993 POSITION OF THE AMERICAN DIETETIC ASSOCIATION: VEGETARIAN DIETS

Authors:

Suzanne Havala, MS, RD  
Johanna Dwyer, DSc, RD

Reviewers:

Phyllis Acosta, RD  
Patricia Johnston, DrPH, RD  
Mary Clifford, RD; Vegetarian Nutrition dietetic practice group  
Winston Craig, PhD, RD  
Virginia Messina, MPH, RD; Pediatric Nutrition dietetic practice group

Reprinted from the Journal of the American Dietetic Association, November 1993, Volume 93, Number 11.

A considerable body of scientific data suggests positive relationships between vegetarian diets and risk reduction for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer.

POSITION STATEMENT

It is the position of The American Dietetic Association that vegetarian diets are healthful and nutritionally adequate when appropriately planned.

Certain plant constituents appear to inhibit the absorption of dietary calcium, but within the context of the total diet, this effect does not appear to be significant. Calcium from low-oxalate vegetable greens, such as kale, has been shown to be absorbed as well or better than calcium from cow's milk (15). Calcium deficiency in vegetarians is rare, and there is little evidence to show that calcium intakes below the Recommended Dietary Allowance (13) cause major health problems in the vegetarian population. The relatively high US recommendations for calcium intake, compared with those for populations consuming a more plant based diet, are designed to compensate for the calciuric effect of high intakes of animal protein, which are customary in the United States. Studies have shown that vegetarians, on the other hand, absorb and retain more calcium from foods than do nonvegetarians (16,17).

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\* ADA Position adopted by the House of Delegates on October 18, 1987, and reaffirmed on September 12, 1992. The update will be in effect until October 1997.

# Archives of PALEOFOOD@MAELSTROM.STJOHNS.EDU

## ***Paleolithic Eating Support List***

PaleoFOOD is a support list for persons following a paleolithic style diet such as described by Ray Audette in NEANDERTHIN "A Caveman's Guide to Nutrition" and all other similar approaches in the spirit of the Hunter-Gatherer.

The purpose of the list will be to share experiences, offer each other support, chat about our daily challenges in the spirit of sharing knowledge on dietary and health issues of our chosen lifestyle.

- This list's Recipe Collection: [www.PaleoFood.com](http://www.PaleoFood.com)
- Lots of annotated links: [www.PaleoDiet.com](http://www.PaleoDiet.com) - The Paleolithic Diet Page
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- [November 2003](#)
- [October 2003](#)
- [September 2003](#)
- [August 2003](#)
- [July 2003](#)
- [June 2003](#)
- [May 2003](#)
- [April 2003](#)
- [March 2003](#)
- [February 2003](#)
- [January 2003](#)
- [December 2002](#)
- [November 2002](#)

- [October 2002](#)
- [September 2002](#)
- [August 2002](#)
- [July 2002](#)
- [June 2002](#)
- [May 2002](#)
- [April 2002](#)
- [March 2002](#)
- [February 2002](#)
- [January 2002](#)
- [December 2001](#)
- [November 2001](#)
- [October 2001](#)
- [September 2001](#)
- [August 2001](#)
- [July 2001](#)
- [June 2001](#)
- [May 2001](#)
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- [February 2001](#)
- [January 2001](#)
- [December 2000](#)
- [November 2000](#)
- [October 2000](#)
- [September 2000](#)
- [August 2000](#)
- [July 2000](#)
- [June 2000](#)
- [May 2000](#)
- [April 2000](#)
- [March 2000](#)
- [February 2000](#)

- [January 2000](#)
- [December 1999](#)
- [November 1999](#)
- [October 1999](#)
- [September 1999](#)
- [August 1999](#)
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- [May 1998](#)
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- [March 1998](#)
- [February 1998](#)
- [January 1998](#)
- [December 1997](#)
- [November 1997](#)
- [October 1997](#)
- [September 1997](#)
- [August 1997](#)
- [July 1997](#)
- [June 1997](#)
- [May 1997](#)

Back to the [MAELSTROM.STJOHNS.EDU](http://maelstrom.stjohns.edu/archives/paleofood.html) archive index.

# www.PaleoDiet.com - The Paleolithic Diet Page

## What the Hunter/Gatherers Ate

Also see the [www.PaleoFood.com](http://www.PaleoFood.com) Recipe Collection and the [www.Foraging.com](http://www.Foraging.com) Page

### Index to Sections Below

- [Sites by Individuals](#)
- [Educational Institutions](#)
- [Media Reports](#)
- [Associations/Organizations](#)
- [Foraging and Ethnobotany](#) <-- now on its own page.
- [Commercial Sites](#)
- [Books](#)
- [Food Vendors](#)
- [Dehydrators](#)
- [Food Science](#)
- [Mailing Lists/Archives/Forums](#)

### Sites by Individuals

- [Introduction to the Paleolithic Diet](#) is Ben Balzer's page. He is a family physician in Australia. Probably the clearest introduction on the web.
- Second Opinions is a site by Barry Groves, PhD. It includes many articles exposing dietary and medical misinformation. A selection of them: [The Naïve Vegetarian](#) is a long article covering various diets with a focus on pointing out the fallacies of vegetarianism. [The Cholesterol Myth](#) points out there is no evidence that eating cholesterol is bad. [Does Animal Fat Really Cause Cancer?](#) points out that an examination of a couple of studies that came out in July 2003 does not support the claims that media is making for them. [Polyunsaturated Oils and Cancer](#) argues that polyunsaturated oils increase cancer risk. [William Banting: The Father of the Low-Carbohydrate Diet](#) is a history of the first low carb diet, which was also paleo.
- [Paleolithic Nutrition: Your Future Is In Your Dietary Past](#) is an article Jack Challem wrote for Nutrition Science News: April 1997.
- [An Interview with Ward Nicholson](#) now has three parts on the web. Good overview of man's diet over the past 65 million years. Long but highly recommended reading. First published in Chet Day's "Health & Beyond" newsletter. Now part of a very comprehensive [Beyond](#)

[Vegetarianism](#) site. Every argument that your vegetarian friends use to avoid meat for health reasons is debunked here.

- Tamir Katz's [Paleolithic Diet Information](#) page has been put up by a medical student at SUNY Stony Brook. He has a knack of clearly and directly explaining things. Excellent for friends and relatives of paleo eaters who are wondering why you eat weirdly.
- [Neanderthin \(Paleo\) eating](#) is Vad's page where he tries to sum up, super concentrated, what this whole thing is about. Includes menus, weight loss, and more.
- In [On the Benefits of Ancient Diets](#) Staffan Lindeberg discusses how the Western diet causes health problems. Also an overview of his Kitava study. Staffan now has a home page [Utbildningarom prevention](#), though initially only in Swedish.
- [Living Longer, yes! But living well?](#) by Dr. Anthony G. Payne is a general article that also gets into a paleo diet.
- A diet high in phytic acid, which can be found in whole grains (it's in the bran) and beans like soy, is very detrimental for mineral absorption. Phytic acid strongly binds to minerals like calcium, iron, zinc and magnesium to form insoluble salts, phytates, which precipitate from the body. Staffan Lindeberg has written a [summary on phytic acid](#).
- Two common foods clearly are Neolithic and avoiding them is key to a paleo diet. Here are link pages for avoiding them: [Gluten-Free Page](#) and [No-Milk Page](#).
- There are some disorders that can be controlled somewhat by using a paleo diet. Here are link pages on three of them: [Autism](#) and [Multiple Sclerosis](#) and [Rheumatoid Arthritis](#).
- JoAnn Betten of the PaleoFood mailing list and I have collected many recipes at [www.PaleoFood.com](#). All have no grains, no gluten, no dairy, no beans/legumes, no refined sugar, or other Neolithic foods.
- Ashton Embry has an essay [Paleolithic Nutrition and Multiple Sclerosis](#) and another [Paleolithic Nutrition](#). He's the leading proponent on the Net for using dietary intervention to control MS.
- [The Evolution of Human Nutrition](#) by Barry Bogin is interesting reading which covers themes like homo erectus and up to date findings, and the relation to nutrition.
- In William Calvin's [The Ascent of Mind, Chapter 8](#) he discusses why he thinks that the Acheulian hand-ax (the oldest of the fancy stone tools of Homo erectus) was really a "killer frisbee." He argues that natural selection for throwing accuracy, which requires brain machinery, is the evolutionary scenario for bootstrapping higher intellectual functions. There are many more articles about evolution and human development throughout William's [extensive site](#).
- [Pemmican: Recipes, Stories and Stores](#) is a link page with more on this than you've seen before.
- Lynne Olver at the Morris County Library has assembled [The food timeline](#), which gives you the history of Neolithic foods. Includes paleo foods, like animal domestication and when some foods were first noted in the literature.
- [Eating](#) is an essay by Todd Moody.

- [The Meat, Leaves and Berries Page](#) is a "paleo" like diet put up by Dan John. But dairy products are allowed. Couldn't tell much, as many pages came up blank with ActiveX turned off.
- [Dental Microwear Web Site](#) is on the study of the microscopic scratches and pits that form on a tooth's surface as the result of its use. See the page on references. Some are evidences of past diet.
- Mary G. Enig, Ph.D., an expert of international renown in the field of lipid chemistry, has a [Trans Fat InfoWeb Page](#). A simple introduction to trans fatty acids. [Trans Fatty Acid Fact Sheet](#) is a short page listing the negative highlights of this food.
- [Factors that Inhibit Calcium Absorption](#) is an article pointing out the non-paleo things we do, mostly food related, that are negative for calcium absorption.
- [The Cholesterol Myths](#) by Uffe Ravnskov, M.D., Ph.D. argues that too much animal fat being dangerous is a myth. This is a collection of essays, complete with the critical references.
- [The Cholesterol Myth](#) is an article by Thomas J. Moore from his book, Heart Failure. Argues that diet has hardly any effect on your cholesterol level; the drugs that can lower it often have serious or fatal side effects; and there is no evidence at all that lowering your cholesterol level will lengthen your life.
- Dr. Joseph Mercola has an extensive web site on alternatives to traditional medicine. A hodge podge of different things. On his [Low Grain Guide To Health](#) he has a few that are relevant to paleo eating. At bottom take link to his Sugar Index Page. Also see [The Health Benefits of Grassfed Animal Products](#). Also see [Low Grain and Carbohydrate Diets Treat Hypoglycemia, Heart Disease, Diabetes Cancer and Nearly ALL Chronic Illness](#). Also see: [Caveman Cuisine](#) by Sally Fallon and Mary G. Enig, PhD.
- There is ample evidence that [grain consumption is behind many cancers](#). Here is a quick analysis of the connection.
- Jack Challem has written [Alpha-Lipoic acid: Quite Possibly the "Universal" Antioxidant](#) and meat is the best source.
- [paleofood.de](#) is a site all in German, but [PaleoFood.Info](#) is their English version. Here is Loren Cordain's [Food Pyramid](#).
- [To Crack a Coconut](#) tells how this is done in Thailand, without fancy tools, then gets into pressing milk, and some recipes.
- [Cooking Clan of the Cave Bear Style!](#) is a student experiment in boiling water in a skin pot over a fire (or not...)
- Aris Stathakis has a page [How To Make Real South African Biltong](#) - a traditional South African dried meat.
- Brett Saks, B.S., D.C. has a page [The Adverse Effects of Wheat and Other Grains](#). Based on his clinical experiences.
- Chet Day sent a copy of the article by Robert Crayhon ([Interview with Loren Cordain](#)) to

the Rea Centre in London, a place claiming to be proponents of a paleo diet. You can check out their counterpoint at [Hunter Gatherer Paradigm Examined in New Light](#). It argues that our ancestors were not big meat eaters. Argues that since men are the scientists that hunting has been exaggerated out of proportion, and that gathering was the primary source of food. Chet Day also asked some questions and created [The Rea Center Interview: Paleo Nutrition, Veganism, and More](#). Incredibly wordy with little content.

- Philip Thrift has a page on [Principles of Paleofitness](#). He follows NeanderThin and works out daily before eating.
- [Blindness, Mad Cow Disease and Canola Oil](#) by John Thomas points out the negatives of canola oil.
- The [Venison Processing FAQ](#) covers everything from choosing your target to recipes.
- [The Paleolithic Diet](#) is Bob Hodgen's story of his experiences on NeanderThin. Includes short explanation.
- Krispin Sullivan has written [The Lectin Report](#). A good place to start to learn about these toxic proteins in Neolithic foods.
- [Aquatic Ape Theory](#) is a site covering all links on the subject. (The theory argues that humans evolved along the water's edge, but such evidence is now covered by the oceans.)
- Buried in the middle of [The Revised Metabolic Oncolytic Regimen for Effecting Lysis in Solid Tumors](#) one can find their diet recommendations for tumor control. It has a paleo diet orientation. Protein is 35%, preferably Omega 3 rich. Carbohydrates (also 35%) are only vegetables and fruit, no beans, bread, potatoes, or any grain. Then dietary and supplemental forms of fat should provide 20-30% of (daily) calories.
- [WWW.PALEODIET.NU](#) is a site in Swedish put up by Niclas Larsson. He has plans to grow the site.
- Aletheia Price has [Edible Insects](#). Very comprehensive. Read the "About the Author."
- [Weird & Different Recipes](#) is a page by Bert Christensen that includes several insect recipes and other foods that a Paleolithic dieter may have eaten.
- Zachary Huang has put up his [Bug-Eating Page](#). Mostly pictures of people eating giant silkworms and mealworms. Also see his other links.
- [Vad är Paleodiet?](#) is a site in Swedish put up by Hans Kylberg.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Educational Institutions

- [The Paleo Diet](#) is Loren Cordain's site. It promotes his book and also includes, for free download, PDF files of all of his scientific articles on Paleo Diet.
- [Diet and Heart Disease. It is not what you think](#) is a online course by Stephen Byrnes covering the Lipid Hypothesis.
- [Cooking up quite a story: Ape, human theory causes evolutionary indigestion](#) is an article by

William J. Cromie discussing the controversy over how long humans have been cooking.

- Buried in a tutorial at The Institute For Ice Age Studies we find a section on Strategies for Survival. Hunting and gathering start at [Scheduling and Mobility](#).
- [Plant-animal subsistence ratios and macronutrient energy estimations in worldwide hunter-gatherer diets](#).
- [Origins and Evolution of Human Diet](#) is an academic web site devoted to discussion of evolution and the human diet. Especially don't miss the articles on the conferences link! And in them especially see the [Boyd Eaton one](#)!
- [Hunters and Gatherers Anthropology](#) is a course taught by Raymond Hames at U. of Nebraska. Includes lecture notes on the book [The Foraging Spectrum](#) which outlines the important research issues, theory, and problems in hunter-gatherer research. His site has many other sub-pages that shouldn't be missed.
- [How to Carve an Elephant](#) is a chapter in Making Silent Stones Speak: Human Evolution and the Dawn of Technology by Kathy D. Schick and Nicholas Toth (1993). A cute writeup on some archaeologists that showed that a dead elephant can be carved up using the simple tools that were available 1.5 - 1.9 million years ago.
- [Prehistoric Diet and Nutrition](#) is a class at Indiana U. taught by Jeanne Sept, Professor of Anthropology.
- [Plant-animal subsistence ratios and macronutrient energy estimations in worldwide hunter-gatherer diets](#), by Cordain et. al. is an abstract of an analysis showing that whenever and wherever it was ecologically possible, hunter-gatherers consumed high amounts (45-65% of energy) of animal food.
- [The Changing Nature of Inuit Nutrition and Dietary Patterns](#) by James H. Boschma III goes into detail on the dietary patterns of the Inuit.
- Cabrillo College's Anthropology Department has [Monte Verde A Pre Clovis Site](#), which among other things, discusses the foods these early Native Americans ate.
- [From the Neolithic Revolution to Gluten Intolerance: Benefits and Problems Associated with the Cultivation of Wheat](#), by Luigi Greco, Department of Pediatrics, U. of Naples. A history of gluten intolerance and why it is so common.
- [Investigation of the Role of Wild Plant Foods in Pre-Agrarian Europe](#) is a project currently being undertaken by Sarah Mason at the University College London.
- [Plains Archaic people](#) discusses the hunter-gatherers of the American plains. These PaleoIndians big-game hunters exploited a narrow-spectrum, focal resource base (one, maybe two animal species depending on location - e.g., reindeer in north; limited range of small game; few if any plants). Long and technical.
- [Underwater storage techniques preserved meat for early hunters](#) demonstrates how PaleoIndians living in the Great Lakes region at the end of the last Ice Age preserved meat from large animal kills by storing it underwater.
- [Flints and Stones: Real Life in Prehistory](#) is an exhibition at the Museum of Antiquities on the world of the late stone age hunter gatherers in Britain. Only three pages are food related:

[The hunter gatherer way of life](#) is heavy on the tools used in Britain. [Tasks and activities around the home fire](#) has some on food processing. [Could you survive today as a hunter gatherer?](#) has pictures of collectable foods and you select whether it is edible or not. In three parts: fungi, foliage, and nuts & berries. More than half of the options are poisonous.

- [Health Issues and Trans Fat](#) by Mary G. Enig discusses how it was claimed in 1958 that these were culprits in heart disease, but the edible oil industry quickly squelched this information.
- [Do dietary lectins cause disease?](#) is an editorial in the British Medical Journal which suggests that lectins, which are high in cereals, potatoes, and beans, may be behind some autoimmune diseases.
- [You Are What You Eat: New Theories About Rheumatoid Arthritis](#) is a newsreport about an article in the British Journal of Nutrition. The authors argue that their theory implicating diet needs more research.
- [The Southern Greek Palaeolithic, Mesolithic, and Neolithic Sequence at Franchthi](#) is a cave where the deposits revealed what the occupants ate over the years.
- [Stone Age Habitats](#) hasn't much to do with food, but there is mention of cooking hearths, and a couple nice graphs. But for some reason the time lines are flipped.
- Fattening cattle with corn changes the lipid balance and is clearly not the natural diet for a grass eating cow. In [Simple change in cattle diets could cut E. coli infection](#) researchers have found that when cattle were fed hay or grass for just five days before slaughter, much less E. Coli cells were present in the animal's feces and virtually all surviving E. coli bacteria were not acid-resistant and were killed by human stomach acid.
- A [Hunter-Gatherer Bibliography](#) compiled by students of James W. Helmer Department of Archaeology, U. of Calgary. 112K.
- J. Ned Woodall, Department of Anthropology, Wake Forest U., teaches a course on Problems with the Past: Controversial Topics in the Cultural and Physical Evolution of Humans. Here is the [reading list](#).
- ['First farmers' with no taste for grain](#) is an article by Mike Richards on the use of meat in ancient British Isles diets. The suggestion is that the Brits were depending primarily on meat for their nutrition up to around 2000 B.C.
- ['Man the Hunter' returns at Boxgrove](#). Mark Roberts, the Director of the Boxgrove Project, provides evidence that the hominids of the Lower Palaeolithic period did hunt their meat.
- [In sorrow shalt thou eat all thy days](#) Peter Rowley-Conwy, Archaeology at the University of Durham, argues that many hunter-gatherers never wanted to farm.
- [No carefree life for Mesolithic people](#). Hunter-gatherers worked much harder for their living than has previously been thought, writes Rob Young.
- Neanderthal bone chemistry provides food for thought. Using bone-chemistry analyses, a team determined the Neandertals must have feasted on meat. [Neanderthal diet at Vindija and Neanderthal predation: The evidence from stable isotopes](#) is the full text of the article.
- Kristin D. Sobolik is Assistant Professor of Anthropology and Quaternary Studies at U. of

Maine. She has a [home page](#) listing her publications, many of which are on prehistoric diets.

- [Blueberries May Restore Some Memory, Coordination and Balance Lost with Age](#) is a study from Tufts U. which found that blueberries make rats feel young again.
- [Human Skeletons and Society in Prehistoric Italy](#) basically shows how various ills increased in the Neolithic age. The best parts are the graphs showing the disorders they found and how they increased as the food became more away from a Paleolithic diet. This is the link to [infectious disease and childhood stress](#).
- [Loren Cordain, Ph.D.](#) has his interests, awards, publications, etc. listed on a web page.
- An abstract: [Reducing the serum cholesterol level with a diet high in animal fat](#). by Newbold HL.
- Hunter/gatherers often eat grubs. Entomologists at the [University of Iowa](#) have created some recipes based on insects, and insects can be bought via internet.
- [The Food Insects Newsletter](#) site includes selected on-line articles from back issues. Probably more paleo than most people can handle.
- [Bugfood!](#) is by the U. of Kentucky Department of Entomology. Discusses insects as food and insect snacks from around the world.
- [Nutritional Value of Various Insects per 100 grams](#) is part of the Iowa State Entomology site. Also see recipes and where to buy.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Media Reports

- [New road reveals Stone Age site](#) which may provide evidence of fire in the British Isles back between 250,000 and 300,000 years ago.
- [High-cholesterol diet 'doesn't increase stroke risk'](#) reports on a study of 43,000 middle-aged men. While it finds no correlation with strokes and fatty foods, they did not look for a correlation with anything else.
- [Meat eating is an old human habit](#) reports on an analysis of our ancestor's teeth that shows we became meat eaters 2.5 million years ago.
- Vilhjalmur Stefansson spent many years as an Eskimo among Eskimos. After a year experiment eating only meat at Bellevue Hospital, he wrote about his experiment and his years as an Eskimo in [Adventures in Diet](#), a three part series Harper's Monthly Magazine, November 1935 - January 1936.
- In [Chips means zits](#) Loren Cordain blames today's refined foods, such as bread, rice and cakes, for the pimples suffered by 95% of westernized teenagers.
- [Neanderthals' strong-arm tactics revealed](#) discusses whether they threw spears or just used them to stab animals.
- [Food for Thought, Dietary change was a driving force in human evolution](#) is an article in Scientific American that discusses our evolution in the context of diet.

- [In prehistoric cave, scientists use computers as their guide](#) lists off the diet of some middle Paleolithic era cave dwellers in Northern Israel.
- [Animal Protein Consumption Associated With Bone Density in Elderly Women](#). This isn't really new. Herta Spencer back in the 80's showed that meat helped if an adequate amount of calcium was consumed. Studies showing that protein was bad used isolated, fractionated amino acids from milk or eggs.
- In [Bread blamed for short sight](#) Jennie Brand Miller links the dramatic increase in myopia in developed countries on childhood over-consumption of bread.
- [Meat Eating More Healthy in Prehistoric Times](#) discusses the healthier fats in wild meat. Loren Cordain's team compared the muscle, brain, bone marrow and fat of wild animals with those of cattle.
- [The Caveman Diet](#) by Jeanie Davis is an MSN article touting the benefits of grass fed bison.
- [Cave men diets offer insights to today's health problems, study shows](#). But, you have to eat wild meat, which has a healthier ratio of omega-6 to omega-3 fatty acids.
- [High 'Good' Cholesterol Level Lowers Stroke Risk](#) is a news report highlighting that high HDL is the only indicator of lower stroke risk. However, it fails to mention that a low-carb diet is the only diet that increases HDL.
- [Neanderthals Were As Smart As Us](#) reports on new research that reveals that Neanderthals were not dumb, but had the technical and intellectual skills to put them on an equal basis with modern humans.
- [Seafood Gave Modern Humans Edge](#) reports that by studying the chemicals that remained in the bones of the earliest modern humans, scientists discovered that their diet, included fish and fowl as well as large mammals. The Neanderthals, on the other hand, only ate large mammals, which became extinct. Also see [Fishy clue to rise of humans](#).
- [Agriculture Is Bad for You](#) is a Time Europe article pointing out that some dieticians recommend we change our eating habits to resemble those of our ancestors. A pro-Paleo article!
- [Coconut oil promises to be anti-viral agent](#) reports on trials that have confirmed that coconut oil has an anti-viral effect that reduces the viral level in HIV-AIDS patients to undetectable levels.
- [The Soft Science of Dietary Fat](#) is a summary of an article in Science Magazine reporting that mainstream nutritional science has demonized dietary fat, yet 50 years and hundreds of millions of dollars of research have failed to prove that eating a low-fat diet will help you live longer. In fact, there are good reasons to believe high-carbohydrate diets may be even worse than high-fat diets. Here is the [original article](#).
- [Fatty Fish Protects Hearts of All Ages](#) reports that those who consumed fatty fish even just once a week lowered their risk of a fatal heart attack by 44% compared to the risk among those who did not opt for the fish.
- [Homocysteine A Possible Risk Factor For Alzheimer's](#) discusses an association between Alzheimer's disease and moderately-elevated blood levels of the amino acid, homocysteine.

Homocysteine levels can be reduced by consumption of foods with folic acid and vitamin B12, i.e. greens and meat.

- [Diabetics Improve Health With Very High-Fat, Low Carb Diet](#) discusses a successful study.
- [Early Humans Had Woodworking Technology](#) reports on finding evidence that humans produced wood tools, possibly spears, 1.5 million years ago. This is a million years earlier than previously believed.
- [Early Humans Ate Termites](#) reports that ancient hominids had a taste for termites.
- Harvard Magazine on [Paleolithic Fast Food](#). By excavating a cave they found that animals that move slower were eaten in the past and in later years ones that move faster were eaten.
- [The discovery of fire](#) speculates that man controlled fire 1.6 million years ago. Circumstantial evidence also suggests that they were cooking their food.
- [Insulin-Like Compound Predicts Stroke Risk](#) states that insulin resistance (which is usually caused by excessive carb intake, meaning that caused by normal intake of grains and sugar) is a predictor (i.e. indicates increase risk) of strokes.
- [Go back to stone-age diet, says health professor](#) is an interview with Loren Cordain.
- [New Human Ancestor?](#) Two and a half million years ago a humanlike creature in what is now Ethiopia raised a stone and smashed it down on an antelope bone to get at the marrow and fat inside. This is the earliest known evidence of a stone tool used to butcher an animal.
- [New Species Of Human Ancestor](#). A more detailed version than the ABC News one. They also ate catfish and horse. Note the bit about "high fat meat"!
- [Fossil find may be 'missing link'](#). A third page on 2.5 million year old fossil find in Ethiopia.
- [Olive oil 'reduces cancer risk'](#) claims that using olive oil in cooking may prevent the development of bowel cancer.
- Scientific American has an interesting article about the ill effects of sugar and aging at: [AGE Breakers - Rupturing the body's sugar-protein bonds might turn back the clock](#). Typically, the drug companies are trying to develop a drug to fight off the symptoms rather than treating the cause of the problems with a proper diet.
- [A taste for meat](#) argues that our ancestors three million years ago ate a lot of small mammals that could be caught without tools. Published in [Science Magazine](#) (which requires a subscription).
- [The Caveman Diet](#) is the CBS story on 48 hours where they featured Ray Audette and the paleo diet. Focuses on weight loss.
- [Modern Stone Age food](#) is an article based on an interview with Boyd Eaton that appeared in the USA Weekend insert magazine.
- In [What the Hominid Ate](#) by analyzing carbon atoms in tooth enamel researchers challenge the widely held belief that these 3 million year ago hominoids ate little more than fruits and leaves.
- The Electronic Telegraph had a 12-Aug-97 article ["Barbecues are a thing of the past"](#). Some archaeologists from Liverpool University working in the Suffolk forest found what they

believe may be a hearth that is 400,000 years old. [Free registration required]

- [Revealing Ancient Family Ties](#) is a chart of our human lineage. It is included as it has arrows at the 2.5 million year mark showing when stone tools and meat eating were introduced. See also: [article introduction](#) and [main text](#).
- [Great Debate Builds the Rationale for Eating Meat](#) is the story of how Dan Murphy debated the PETA and the arguments he used. (You will need to scroll down a bit).
- [Eating Like a Caveman](#) is a page written by Kathleen Doheny. She gives an overview of the paleo diet, then tells of her experience of trying it for a day. Includes this quote by Loren Cordain "If it's a fad, it's the oldest fad going."

[\[Ctrl-Home for Top, or Click Here\]](#)

## Associations/Organizations

- [The International Network of Cholesterol Skeptics](#) has a [Discussion about the cavemen's diet](#). Has comments from many researchers, some familiar from elsewhere on this page. No comments from Lorain Cordain, but much discussion and disagreement with him.
- [The Weston A. Price Foundation](#) was set up by Sally Fallon and Mary Enig. Like the Price-Pottenger Nutritional Foundation, with which they were previously affiliated, it is not completely paleo in its recommendations. But lots of good articles nonetheless. See [The Oiling of America](#). Also see [Guts and Grease: The Diet of Native Americans](#). And what they think of Loreen Cordain's [The Paleo Diet](#). And many other articles.
- A small subset of the people eating only raw foods are eating animal foods (RAF). And some of them have put up a resource page for [Raw Paleolithic Diets](#).
- [Protein-Rich Diets May Reduce Heart Disease Risk](#) is a report on a prospective cohort study showing higher protein intake is associated with reduced risk of heart disease among women. Though this report is filled with politically correct commentary which was not part of the study as published.
- [Food](#) is part of the Vegan Straight-Edge site. The page is almost a resource page for paleodiet, with the sole exception of the comments about meat and protein requirements. It's quite interesting. Other pages at the site include: [The origins of agriculture - a biological perspective and a new hypothesis](#) in which Greg Wadley & Angus Martin argue that the shift to cultivation and animal domestication was due to the "comfort" derived from the opioid peptides from gluten. And John Coleman's [Opioids In Common Food Products-Addictive Peptides In Meat, Dairy and Grains](#). (There isn't any evidence presented that this is an issue with meat, but it is a vegan site!)
- [Paleolithic diet](#) is a definition found in the Gale Encyclopedia of Alternative Medicine.
- Nutrition Australia has a Q&A page on: [I have read somewhere recently about a 'Paleolithic diet'. What exactly is the 'Paleolithic diet'?](#) Written as an introduction.
- A hunting rights group has put up [Eating Meat is Natural](#), written by Jim Powlesland. It appears to be a summary from "The Paleolithic Prescription: A Program of Diet & Exercise

and a Design for Living".

- [Diet and the evolution of the earliest human ancestors](#) is a study of jaw size and shape, tooth size, shape, and wear patterns, which give clues as to what the earliest human ancestors ate two to four million years ago.
- [Fatty Fish Cuts Risk Of Death From Heart Attack In Elderly](#) is another study showing the benefits of omega-3 fatty acids consumption.
- [Concerns Regarding Soybeans](#) by Mary Enig and Sally Fallon discusses the negatives with soy consumption. Abstracted from Health Freedom News, September 1995.
- [Soy Online Service](#) is a New Zealand site dedicated to "uncovering the truth about soy".
- [Tragedy and Hype](#) is a very comprehensive article on soy that appeared in Nexus Magazine. Shows how the soy industry manipulated things to turn their toxic food into a health food.
- [Should we be Scared of Soy?](#) covers the various health negatives of soy consumption.
- [Ray Peat's Newsletter](#) has a web site with some sample articles. There are two articles of interest to Paleodieters: "The Benefits of Coconut Oil" and "Toxicity of Unsaturated Oils". When you click on them then select open. A Ray Peat coconut oil article also appears Dr. Mercola's site: [The Benefits of Coconut Oil](#).
- [Coconut: In Support of Good Health in the 21st Century](#) by Mary Enig is an address she gave to a Cocotech meeting. Long and gets into coconut oil's competition. Many references at the end.
- [Review and Atlas of Paleovegetation](#). Preliminary land ecosystem maps of the world since the Last Glacial Maximum (18,000 14C years ago).
- American Scientist had an article on [Chimpanzee Hunting Behavior and Human Evolution](#) by Craig B. Stanford in the May-June 1995 issue. It discusses British primatologist Jane Goodall's observations.
- [Paleolithic Diet: How our bodies want to be treated.](#) is a page from The Healing Crow, an organization dedicated to bringing the aspects of mind, body, and spirit into our health.
- The [Price-Pottenger Nutrition Foundation](#) promotes some Paleolithic nutrition concepts, though they recommend dairy, a non-paleo food. Many good articles worth reading there.
- [Why I Am Not a Vegetarian](#) by Dr. William T. Jarvis makes comments about the "ideological" commitment to a diet that are at least as interesting as the comments about diet itself.
- [Trans Fat Spells Double Trouble for Arteries](#) points out that the popular trans fat is unhealthy and not disclosed on food labels.
- [Desert Locust Recipes](#) from the Food and Agriculture Organization.
- [Croque-insectes](#) is all in French. The site is on insects, and cooking them is part of the site.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Foraging and Ethnobotany <- now on its own page.

### Commercial Sites

- [Was Agriculture a Good Idea, or an Act of Desperation?](#) by Norm Kidder is an interesting essay on evidence that hunter-gatherers sometimes became so good at getting food that they settled down to form permanent communities. From the [Primitive Ways](#) site.
- [The Caveman's Banquet](#) is Atkins' take on the paleo diet.
- [A Diet Solution Based on Evolution](#) points out that most of the calories consumed today are from foods that did not exist in the past, but then the article ends up with the politically correct twist that saturated fats are bad. Mostly is a book report on Loren Cordain's The Paleo Diet.
- [The Paleolithic Diet and Its Modern Implications](#) is an interview with Loren Cordain, PhD done by Robert Crayhon, MS. The same article also appears here: [The Paleolithic Diet and Its Modern Implications](#).
- [The Myths of Vegetarianism](#) by Stephen Byrnes goes through many of the arguments that vegetarians use and explains why they are myths. A must read for all vegetarians.
- [The Lectin Report](#) explains the background on lectins and their connection to health problems.
- [The Homocysteine Revolution](#) is an interview with Dr. Kilmer McCully. High homocysteine levels have been connected with heart disease. Folic acid (highest in leafy green vegetables) and B12 (abundant in animal proteins) help keep homocysteine levels under control.
- In an interview with Mary G. Enig, Ph.D. She expresses clearly her well qualified opinion that saturated fats are NOT the problem they are reputed to be. Over two pages: Health Risks from Processed Foods and Trans Fats [Part 1](#) + [Parts 2 + 3](#).
- [Insulin and Its Metabolic Effects](#) by Ron Rosedale MD deals with insulin as the "master switch" for a large number of disease processes. Argues that low insulin is key for long lifespan. Overly long.
- Elson M. Haas, M.D. has written a nice summary of [Types of Diets](#). Has sections on the Paleolithic and 14 other diets. Put up by Healthy Net.
- Dr Stoll's [Sugar and Immunity](#) is an article on the Leukocytic Index which shows the devastating effect of refined carbohydrates on immunity.
- [The Skinny on Fat](#) is an overview of the different types of fat and their uses in the body by Dr. Michael G. Kurilla, M.D.
- Jonathan Bowden, M.A. has a two part non-technical introduction to [The Paleolithic Diet](#).
- [Why Americans Are So Fat](#) by William Faloon blames a deficiency of conjugated linoleic acid (CLA) for why we have become fat. CLA is found in beef and milk fat, both of which are decreasing in our diets. In addition CLA is much lower in grain fed cows than in grass fed ones.

- [Just Game Recipes](#) has just what it says. Not all are paleo, but lots of good ideas for cooking game.
- [The Australian Native Food Industry](#) gets into Australia's unique edible plants and animals that could form the basis for a substantial and sustainable industry.
- [Eskimo Ice-cream](#) discusses food in the Inuit culture and includes some recipes.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Books

Note that prices at amazon.com are no longer the cheapest. Books can be purchase elsewhere for less. The place I use is [Books-a-Million](#), which is cheap when using their discount card. Now the best advice is to shop around and not to automatically buy from amazon.com. One suggestion for price comparison is BookFinder4U. Except it doesn't reflect free shipping deals. May even be helpful in finding out-of-print books.

- [The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat](#) is Loren Cordain's book. His [publisher's page](#).
- [NeanderThin: Eat Like a Caveman to Achieve a Lean, Strong, Healthy Body](#) by Ray Audette is based on the ideas of paleolithic nutrition. The diet contains natural, unprocessed carbohydrates and can be followed as a low-carb, moderate or high carb diet, depending upon whether and how much fruit is used. The expanded hard cover edition can be found at [Amazon.com](#). Also see Amazon.com for many [reviews on the out-of-print edition](#). A [paperback edition](#) is now out.
- [Life Without Bread: How a Low-Carbohydrate Diet Can Save Your Life](#) by Christian B. Allan, Wolfgang Lutz. It is based on Dr. Lutz's work with thousands of patients in Austria. It deals with the health issues connected to high carb consumption. It is basically an English version and update of Dr. Lutz's 1967 book with the same title: Leben ohne Brot. He recommends eating only 72 grams of carbohydrates, and an unlimited amount of fat. And provides evidence as to why this is the healthiest diet. Read the review at Amazon.com by Todd Moody.
- Protein Power by Eades and Eades was a best seller for over a year. Now they have published [The Protein Power Lifeplan: A New Comprehensive Blueprint for Optimal Health](#). It uses many paleo arguments for their diet recommendations. All easy to understand. And also a [Paperback Edition](#).
- [Meat-Eating and Human Evolution \(Human Evolution Series\)](#) is a \$70 book that address the questions surrounding when, how, and why early humans began to eat meat. See and read the sample pages.
- [Evolutionary Aspects of Nutrition and Health - Diet, Exercise, Genetics and Chronic Disease](#) is a compilation of articles showing how humanity's genetic makeup has been directly influenced by nutritional selective pressures and how our present day diet may be discordant with our stone age genome. The book is rather expensive, but the description on

the page is worth reading. One section is now entirely online! See [Cereal Grains: Humanity's Double-Edged Sword](#) by Loren Cordain.

- The book [The Cholesterol Myths](#) by Uffe Ravnskov, MD, PhD, is a much expanded version of [his web site](#). See [reviews at amazon.com](#).
- [Lights Out: Sleep, Sugar, and Survival](#) recommends a very paleo-like diet, and they also make a good argument for electric lighting as a major contributor to modern health problems. It's written in a very magazinish, overblown style, but the reasoning is overall sound.
- [Starch Madness: Paleolithic Nutrition for Today](#) by Richard L. Heinrich. Has a foreword by Barry Sears of Zone fame. For Publishers Weekly and author's review see [Amazon.com](#).
- [Diet Prevents Polio](#) by Dr Sandler is a web site on a 50 year old book where he argues that low blood sugar, due to a high carb diet, makes one susceptible to polio, and other viruses and disease. He did research showing that a meat based diet, very low carb, keeps blood sugar stable.
- [Survival of the Fittest](#) is a "Darwinian Diet and Exercise Program" by Del Thiessen providing nutritional and activity strategies. Notes our "Stone-Age" relatives were free of the most common diseases of civilization. No reviews yet at [Amazon.com](#).
- [Nutrition and Evolution](#) by Michael Crawford and David Marsh explains how diet may have shaped evolution. Heavy reading. See reviews at Amazon.com. Now unfortunately out-of-print
- [The Carnitine Miracle](#) by Robert Crayhon, M.S. The nutrient carnitine is abundant in red meat. According to Crayhon carnitine helps balance blood lipids and blood sugar levels, maximizes energy levels, increases endurance, eliminates discomfort in ketosis, promotes burning of fat and building of muscle and increases overall well-being. See reviews at [Amazon.com](#).
- Dr. Weston Price's book [Nutrition & Physical Degeneration](#). puts to rest a lot of myths about diet, dental, physical, and emotional health, and presents the strongest case for a super-nutritious Native (or Paleo) Diet. His book outlines the conditions/causes for exceptional health. A classic that was first published in 1938.
- Diana Schwarzbein is another M.D. that has come to realize that low carb is what works. See reviews at [The Schwarzbein Principle](#). The book is based on her work with insulin-resistant patients with Type II diabetes. She concludes that low-fat diets cause heart attacks, eating fat makes you lose body fat, and it's important to eat high-cholesterol foods every day.
- From September to December, 1997, Robert McFerran posted draft chapters of his book, [Arthritis - Searching for the Truth - Searching for the Cure](#), to the Ask Dr Stoll Bulletin Board. Includes his view of human history and its relationship to dietary needs.
- [Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrat](#) by Mary G. Enig, Ph.D. and Sally Fallon. The premise is the culinary traditions of our ancestors, and the food choices and preparation techniques of healthy nonindustrialized peoples, should serve as the model for contemporary eating habits.

However, they push whole grains and dairy, which aren't Paleolithic.

- Arthur De Vany Ph.D. is writing a book called [Evolutionary Fitness](#) on "What Evolution Teaches Us About How to Live and Stay Healthy".
- [The Stone Age Diet](#) was written by Walter L. Voegtlin back in 1975. It is out-of-print. However we have put up his [Functional and Structural Comparison of Man's Digestive Tract with that of a Dog and Sheep](#).
- [The Cambridge World History of Food](#) encapsulates much of what is known of food and nutrition throughout the span of human life on earth. Selected chapters are online.
- Excerpts from [Dismantling a Myth: The Role of Fat and Carbohydrates in our Diet](#) by Wolfgang Lutz MD. Covers various digestive disorders. See newer English edition above.
- Peter D'Adamo's serotype diet book [Eat Right 4 Your Type](#) is in sympathy with the paleo diet approach, at least if you are Type O.
- Online books on the Hunza people: [The Wheel of Health](#) by G.T. Wrench, M.D. [High Road to Hunza](#) by Barbara Mons. [The Healthy Hunzas](#) by J.I. Rodale.
- [Ishmael](#) is the website of Daniel Quinn, who has written several popular books. He believes that humans are just one of the species on earth and shouldn't keep increasing their agricultural food supply, which just leads to increased population at the expense of other species.
- Ian Tattersall has written [Becoming Human: Evolution and Human Uniqueness](#). In [Chapter One](#) at the beginning there is a discussion of the diet about 40 kyr ago.
- Barry Sears, Ph.D., has a couple books on his Zone Diet. Somewhat paleo in its orientation. [Zone Home](#) is one of the sites on the diet.
- Charles Hunt has written [Charles Hunt's Diet Evolution](#). It is not truly a paleo diet, but more of a low-carb diet. Its subtitle is "Eat Fat and Get Fit". The author is PR oriented and studied up on the web and then wrote the book. Now out-of-print.
- [We Want to Live](#) is a book by Aajonus Vonderplanitz. His basic philosophy is that (a) food is to be eaten in a live, raw condition; and (b) a diet rich in raw fats and raw meats from natural sources is essential to health. [From the Planets](#) is a book review by Ralph W. Moss, and at [Amazon.com](#) there are reader reviews. The [Live-Food Mailing List](#) discusses the concepts of this book.
- [Man Eating Bugs: The Art and Science of Eating Insects](#) by Peter Menzel, Faith D'Aluisio gets laudatory reviews at amazon.com.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Food Vendors

- [3-Corner Field Farm](#), on the border of NY and Vermont, sells grass-fed lamb.
- [Alaskan Harvest](#) sells only fresh ocean caught fish, as well as range fed reindeer and muskox.

- [American Grass Fed Beef](#) sells beef meat, jerky, sticks, and bacon from Missouri. (Their bratwurst and summer sausage are not paleo.)
- [Arctic Wild Harvest Company](#) in Canada has several unique foods harvested from their arctic wilderness.
- [Arizona Nut House](#) has a variety of [Nutcrackers](#) for sale.
- [BisonCentral.com](#) has lots of info on bison, plus a [long list of places selling bison](#).
- [Callie's Organics](#) is a home and office delivery business with a variety of organic and specialty produce, and other organic foods. Warehouse is in the Bronx.
- [Conservation Beef](#) is a group of ranchers selling grass-fed meat from Montana.
- [Cranberry Lane](#) has coconut oil, palm oil, and the hard to find red palm oil. Scroll down.
- [Crowfield Farm](#) sells bison meat. No mail order. Delivery from Rochester east to Lyons.
- [D'Artagnan](#) has organic game and poultry, and wild mushrooms. Expensive.
- [Diamond Organics](#) ships certified organic greens, fruits, mushrooms and sprouts throughout the US.
- [eatwild.com](#) has a page on Why Grassfed is Best! Contains a comprehensive list of suppliers of grassfed meat in all 50 states plus Canada. Also, the "New Research" section is a good database of citations on the benefits of grassfarming. And a book is for sale.
- [Fallow Hollow Deer Farm](#) sells online naturally raised, grass fed meat, poultry and eggs.
- [Falster Farm](#) in San Antonio, TX raises miniature Hereford cows, and sells pasture raised poultry and eggs. Poultry are raised to order.
- [Farm To Table](#) connects you to New York State farmers. Put in your location and it tells you where farmer's markets are.
- [Fox Fire Farms](#) in Colorado sells natural lamb, a true free range product raised on pasture.
- [Frank's Organics](#) delivers to parts of Australia. Included are fresh fruit, vegetables, eggs, meat, and dried fruit and nuts.
- [Frieda's](#) sells specialty produce and markets over 500 items including exotic fruit, specialty vegetables, dried fruits and nuts, mushrooms, squash, and a wide variety of Asian and Latin foods.
- [Game Sales International](#) is a direct importer of wild game meats, game birds, and specialty foods.
- [Garden Spots Distributors](#), in PA, has some organic dried fruit. Nuts don't appear to be organic. Apparently they carry organic produce, poultry and beef, but none of these appear at the web site.
- [GourmetStore.com](#) specializes in gourmet items, especially unusual and hard-to-locate dried items. See a variety of chile powders, and roasted chestnut and hazelnut flours.
- [Grassland Beef](#) sells grass fed beef. Raised and shipped from Missouri.
- [GreatBeef.com](#) is a network of independent family farmers and ranchers. Use the site to locate producers in your area.

- The [Gunthorp Farm](#) raises pigs that have been pastured. They are in Indiana.
- [Hay Creek Stock Farm](#) sells beef, pork, and lamb. Located in Minnesota.
- [Heartland Farms](#) in Pakenham, Ontario sells grass-fed beef and other grass-fed farm products. Local sales only.
- [Hills Foods Ltd](#) sells organic meats, game meats, and specialty poultry; including guaranteed wild (no grains) animal such as wild Arctic Caribou, alligator and muskox. They also have some non-meat wild associated specialty items.
- Homestead Products has a page on [Grain Mills](#). While they don't get into nuts, the Country Living Mill is a burr grinder and suitable for them.
- [Hunt's Black Walnut Cracker](#) is for those with a walnut tree in their back yard. This is a serious device.
- [Jaffe Brothers](#) in California features an extensive line of organically grown and untreated dried fruits, nuts, dates, seeds, and other select products.
- [Jamaican Gold](#) is a premium hand made coconut oil. See story of how it is made.
- [K.C's Game Meat Market](#) in Coldwater, Ontario raises elk, buffalo and deer on grass and a small amount of grain.
- [Lasater Grasslands Beef®](#) sells truly free range beef.
- [Living and Raw Foods Resources](#) list many resources for organically grown food.
- [Living Tree Community](#) sells Organic Raw Almond Butter, organic nuts, and organic dried fruit. Also has recipes section.
- [Lucy's Kitchen Shop](#) sells almond flour.
- [Maine Coast Sea Vegetables Inc.](#) offer four organically certified varieties: alaria, dulse, kelp, and laver.
- [MacFarlane Pheasant Farm](#) sells pheasant and a whole line of game meats.
- [McRoberts Game Farm](#) offers a variety of exotic meats, such as llamas, elk, yak and yak-crosses, white buffalo, Pere David Deer, miniature donkeys, and bactrian camels.
- [McRoberts Gourmet Foods](#) has Yak Jerky by mail order, in addition to other yak products.
- [Meadow Raised Meats](#) is an association of farmers in NY State that ship beef, chicken, pork, veal, lamb, goat, and venison.
- [Mt. Banahaw Tropical Herbs](#) in the Philippines offers unrefined Virgin Coconut Oil.
- [Mount Royal USA](#) bills themselves as "The Venison and Game Meat Connection." All farms feature farm-raised game using controlled diets that are free of steroids, growth hormones and antibiotics.
- [Mountain America Jerky](#) sells fresh made-to-order gourmet game meat jerky. No preservatives - No MSG - No growth promoters or steroids.
- [The Natural Food Hub](#) is a directory of many food vendors. They have a hunter/gatherer attitude towards food. See information on natural foods. Also a nice collection of edible wild plant and animal links. A site to spend time at.

- [Nature's First Law Online Superstore](#) has organic sun dried fruit. See sun-ripened, raw, organic olives and mangoes.
- [New West Foods](#) has buffalo, ostrich, and wild game. Formerly Denver Buffalo Company. Whether bison is grass or grain fed is not known.
- [North Hollow Farm](#) in Vermont sells naturally grown beef and pork. Some corn is fed to them.
- [Northstar Bison](#) in Wisconsin sells totally grassfed "buffalo." Can order on the web for next Monday shipping.
- Nuts4U sells [coconut flour](#), and other nut flours.
- [Omega Nutrition](#) sells coconut butter and some nut oils.
- Organic Kitchen, the organic foods resource for the web, maintains a long list of [organic food vendors](#).
- [Organics Direct](#) in London UK has an extensive organic delivery service offering fruit and vegetables.
- [Outlands Natural New Zealand Meat](#) Products. Beef comes from cattle raised from birth to bite, outside on ranches with evergreen pastures. Can be bought in Whole Foods stores.
- [Overseas Game Meat Export](#) is an outfit in Australia that supplies Australian game meat from the Outback to health food stores.
- [Peaceful Pastures](#) sells by mail all the common farm meats. Site does not say that the diets are not supplemented by some grain. E-mail asking this question was not answered.
- [Pinyon Pinenuts](#) are collected in the wild by George & Penny Frazier. Site also has some pinenut information.
- [Polarica](#), with a retail store in San Francisco, sells exotic meats and other gourmet foods.
- [Promofood International](#) sells rendered goose fat and some other oils.
- Coconut oil and palm oil are good for frying and are considered Paleolithic. Palm oil is best for deep fat frying. [Rainbow Meadow](#) sells them on the web.
- [Really Raw Honey](#) is totally unprocessed so it still contains pollen, propolis, honeycomb and live enzymes.
- [Rehoboth Ranch](#) in Texas sells grass fed beef and lamb over the web.
- [Rougie Rendered Goose Fat](#) is tasty and recommended for cooking, as olive oil breaks down at a relatively low temperature.
- [Sandhills Red Angus](#) raises grass fed beef in Nebraska. While they sell cuts, they focus on selling whole, half, quarter, and eighths of a beef.
- [Seattle's Finest Exotic Meats](#) has all natural farm raised exotic meats from around the world.
- [Smoky Hill Bison Co.](#) in Kansas sells many different cuts and boxes of bison meat. Grass fed.
- [Southern Game Meat](#) sells a brand of kangaroo meat internationally.

- [Special Foods!](#) has lots of unusual flours. Some are paleo! Check out: malanga, yam, lotus, water chestnut, and artichoke.
- [Starr Organic](#) in Florida sells mail order citrus, mangoes, avocados, bananas, limes, and lemons. Prices at site may not be current.
- [SunOrganic Farm](#) has dried fruit, nuts, nut butters, and other foods.
- [Texas Bison Company](#) sells grassfed bison meat.
- [Texas GrassFed Beef Company](#) is a marketing alliance for cattlemen who raise beef on grass. They sell beef by the cut in addition to bulk purchases. They also have lamb, goat, pork and poultry. All products come from critters eating grass or legumes and some browse. NO GRAIN!
- [The Little Canadian Meat Company](#) sells beef raised without growth hormone implants, digestive stimulants or antibiotics. Animals are grassfed and forage on certified organic pastures. Available on the Ontario area.
- [Three Fork Creek Ostrich Ranch](#) sells meat over the web.
- [Urban Organic](#) delivers organic produce to the NY Metropolitan area.
- The [Valley Livestock Marketing Cooperative](#) supplies grass fed beef, pork, lamb, veal and chickens from Hudson Valley farmers. They will ship by mail, or you can pick it up.
- [VERMONTBEEF.COM](#) sells pure Vermont pasture finished beef.
- Paleolithic eaters avoid grains, but they do eat nuts and seeds. These can be ground into flour for baking. Research finds that there are three types of grinders, but only one suitable for oily foods, the burr grinder. Walton Feed has a good description of the types at [Which Grinder is Best For You?](#)
- [Waterfall Hollow Farm](#) sells pasture-finished beef raised on certified-organic pasture. Now also selling pasture-raised chicken.
- [White Egret Farm](#) is a family farm in Texas raising drug, and pesticide free goats, beef, pork, turkeys, chicken, and guinea fowl. Ships direct to consumers.
- [Whole Foods Market](#) carries pasture fed meats, and many other organic foods. Web ordering and stores around the US under different names.
- [Y.S. Organic Bee Farms](#) has totally pure, unprocessed, unfiltered, raw bee products.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Dehydrators

- [The Dry Store](#) has the American Harvest [GardenMaster Dehydrator](#). This is one of the two leading choice for serious dehydrating. Can run with 30 trays.
- The [Excalibur Dehydrator Website](#) includes a pitch for dehydrating foods and showcases their dehydrators with square trays that slide in like a drawer, and not stacked like the round ones. This is the other leading choice.

- [Excalibur Dehydrator](#) has quite a bit of information on dehydrating, including its history, along with a sales pitch to buy their high-end dehydrators.
- Living Foods sells the Excalibur line. See [View all Dehydrators](#).
- The [L'EQUIP Model 528 Food Dehydrator](#) is a rectangular model that can have up to 20 trays. Has computer-controlled dehydrator sensor.
- Has [Dehydrators](#) made from the finest birch plywood. Plus they have a book for sale.
- [The Harvest Saver](#) is a compact, small volume drying system. They also have [A Basic Look at Dehydration](#) which covers the technical aspects of dehydration from a commercial point-of-view.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Food Science

- Wild Side of the Menu is a three part site on wild game: [Care and Cookery](#) and [Field to Freezer](#) and [Preservation of Game Meats](#).
- The National Food Safety Database lost its funding and it seems that only pieces now remain. The [Food and Nutrition Publications](#) page has a couple of links to Fruit Freezing and Home Drying in the General section. The wild game info is gone.
- [Drying and Curing Food](#) points to articles from the Michigan State University Extension, the Florida Cooperative Extension Service, and other sources.
- [USDA Nutrient Database for Standard Reference](#) can be searched for all common foods.
- The [California Rare Fruit Growers](#) has information on hundreds of different fruits.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Mailing Lists/Archives/Forums

- The PaleoDIET mailing list is a RESEARCH oriented list. To get a subscription questionnaire send a message to [listserv@maelstrom.stjohns.edu](mailto:listserv@maelstrom.stjohns.edu) with SUB PALEODIET yourfirstname yourlastname in the body. Actual subscriptions are processed by the list owner. Searchable [archives of the mailing list](#) are available.
- The PaleoFOOD mailing list is a SUPPORT list for people trying to follow a Paleolithic diet in today's age. The FAQ for the list is [NeanderThin](#). See first link in the Book section. To subscribe send SUB PALEOFOOD yourfirstname yourlastname in a message body to [listserv@maelstrom.stjohns.edu](mailto:listserv@maelstrom.stjohns.edu). Searchable [archives of the mailing list](#) are available. Also see [Other Archives](#).
- The PaleoRECIPE mailing list is a RECIPE list is a companion list to the PaleoFOOD list. To subscribe send SUB PALEORECIPE yourfirstname yourlastname in a message body to [listserv@maelstrom.stjohns.edu](mailto:listserv@maelstrom.stjohns.edu). Searchable [archives of the mailing list](#) are available.
- [CaveManFood](#) is a Yahoo group on how to eat like our CaveMan ancestors. Light activity.

- There is now a newsgroup called <alt.support.diet.paleolithic> that is independent of the mailing lists. It is not very active.
- A mailing list now exists on Evolutionary Fitness. To subscribe send SUB EVOLUTIONARY-FITNESS yourfirstname yourlastname in a message body to [listserv@maelstrom.stjohns.edu](mailto:listserv@maelstrom.stjohns.edu). Searchable [archives of the mailing list](#).
- [PADIET-L](#) is an e-mail based discussion forum for topics relating to the origins and evolution of human diet. Little activity. See [list archives](#).
- [AV-Skeptics - Aajonus Vonderplanitz Skeptics](#) provides a democratic forum for people to deflate the exaggerated promises, fraudulent claims, junk science, invented evidence, and humorous exploits of raw meat gadfly Aajonus Vonderplanitz.
- [Live-Food Mailing List](#) for persons interested in learning about and experimenting with the use of raw animal foods, and specifically, in the work Aajonus Vonderplanitz. It is recommended that members of the list be familiar with Aajonus Vonderplanitz and his book, "We Want to Live."
- [EatBugs](#) is a Yahoo group on insect appreciation and eating them for lunch! Very light activity.

[\[Ctrl-Home for Top, or Click Here\]](#)

Also see: [GLinks](#) and [GFmall](#) and [GRecipes](#) and [PaleoFood](#) and [Foraging](#) and [NoMilk](#)

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# www.Foraging.com

# Foraging and Ethnobotany Links Page

Return to [www.PaleoDiet.com](http://www.PaleoDiet.com)

## Index to Sections Below

- [Sites by/about Individuals](#)
- [Educational Institutions](#)
- [Associations/Organizations](#)
- [Commercial Sites/Vendors](#)
- [Books and Periodicals](#)
- [Foraging Theory](#)
- [Plant Databases](#)
- [Mailing Lists/Forums/Archives](#)

## Sites by/about Individuals

- For those in the NYC metro area, "Wildman" Steve Brill organizes foraging outings in the area's parks. [Wild Food!](#) is his site. [Eating Central Park](#) gives some background on him. [Foraging with "Wildman" Steve Brill](#) recounts one of his Central Park walks. See his book and read review: [Identifying and Harvesting Edible and Medicinal Plants in Wild \(And Not So Wild Places\)](#).
- I have taken pictures on many of Wildman's tours in NYC. At this time they are only available in [tour order](#). Eventually they will be indexed in plant order.
- In the Boston area Russ Cohen runs foraging outings in his spare time. His site has [his schedule](#), his bio, an Edible Wild Plant Bibliography, and some recipes. (See page bottom to switch to other pages.)
- In Western Massachusetts Blanche Derby leads wild weed walks and give talks. She has also written the book [My Wild Friends, Free Food From Field and Forest](#). Her site, with book info and tour schedule, is [Edible Wild Plants](#).
- Vickie Shufer gives tours around Virginia Beach. Her site is [Eco Images](#). Also see her "The Wild Foods Forum," a 16-page bimonthly newsletter. Feature articles on wild plants and how to use them for food, medicine & crafts. Also includes recipes, book reviews, trip reports, and networking.
- Peter Gail has a site on [The National Dandelion Cookoff!!](#) on the first weekend in May each year. Held in Dover, Ohio.
- [Traditional Herbal & Plant Knowledge, Identifications](#) is a database and link page by the late Paula Giese. Herbs used mostly by Anishinaabeg people. Berries by the Katsi. Minnesota area

native plants.

- The [Edible Wild Kitchen](#) by Melana has recipes and many articles on preparing wild foods. [Site currently not available.]
- Deb Schwartz has [This month's feature](#) where she highlights a different edible plant each month. Prior months are also available.
- Norm Kidder is part of [Primitive Ways](#). A group that does stone age reenactments at a park just south of Livermore CA. He knows plants well too. Links to pictures of edible plants of CA are a ways down the page.
- [Subherbs: Foraging for "Wild" Herbs in Your Own Backyard](#) by Robert K. Henderson covers plants typical to a cultivated yard.
- [Harvesting the Elderberry](#) has various suggestions for removing the tiny stems.
- Bonnie Farner of [Wild Mountain Herbs](#) gives tours identifying wild edible, medicinal, useful and posionous plants of North Carolina and Tennessee.
- [Making Wines from Wild Plants](#) also includes information on gathering berries.
- Tim Smith publishes a monthly newsletter, the [Moose Dung Gazette](#), in which there is usually some information on eating wild plants.
- [Mushroomers Online!](#) is an annotated directory of mycophiles organized geographically.
- [Selected Mushroom, Fungus & Lichen Photographs](#) is Mark Hilliard site. His pictures are from the Intra Coastal Waterway in South Carolina and the Finger Lake region of New York State.
- The definition of foraging is to gather food that does not try to get away from you. Clams are one type of food that is foraged for and is not a plant. [Clams and Clamming](#) is a page of links on this.
- Jerri Willmore has a few [Recipes for edible weeds](#).
- Herbalist Patricia Kyritsi Howell runs the school [BotanoLogos](#). In Mountain City, GA.
- [MushroomsNY](#) is a web site by Federico Savini. Pictures of mushrooms he has found in NYC. (Now in archive.org.)

[\[Ctrl-Home for Top, or Click Here\]](#)

## Educational Institutions

- [Ethnobotanical Leaflets](#) has many articles and back issues are on the web.
- [Ethnobotany of Wild Plant Foods](#) is Sarah Mason's page at the University College London.
- [Incredible Edibles and Traditional Medicinals](#) (scroll down to find entry) is a course given by the Smoky Mountain Field School, an outreach program of the University of Tennessee.
- [Prehistoric Plant Use in New England](#) is a bibliography developed by David R. George, Department of Anthropology, University of Connecticut.
- [Grazing Your Garden Perennials](#) is a short page on gathering and grazing in your garden.
- [Native American Ethnobotany Database](#) is an impressive database of foods, drugs, dyes, and fibers of Native North American Peoples. Provided by Dan Moerman, Professor of Anthropology.

- [Primitive Living Skills Links](#) has a section for Edible & Medicinal Plants links.
- [Commercially-Harvested Edible Forest Mushrooms](#) is a research project of mushrooms collected in the Pacific Northwest. Lots of pictures. The species covered are in general distribution.
- [Medicine Bow](#) is a wilderness school in the North Georgia mountains. Includes using wild plants for food and medicine.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Associations/Organizations

- [Centre For International Ethnomedicinal Education and Research \(CIEER\)](#) Sells some CD-ROMS and puts on symposiums.
- The [Boston Mycological Club](#) is the oldest amateur mycological club in North America. Organizes frequent walks.
- A "green" web site has put up [Weeds Or Vegetables? That's the Question!](#) by Peter A. Gail, Ph.D. An introductory article. (Now in archive.org.)
- [The Western Pennsylvania Mushroom Club](#) is the largest mushroom club in the Five State Area. They promote the enjoyment, study, and exchange of information about wild mushrooms.
- [Mycological Society of San Francisco](#) is North America's largest local amateur mycological association. Photos are of people collecting, and some are large mushrooms!

[\[Ctrl-Home for Top, or Click Here\]](#)

## Commercial Sites/Vendors

- [You can become a hardcore forager](#) is a getting started guide by Larry Cywin. From Backwoods Home Magazine.
- [Edible Landscaping](#) offers a variety of beautiful plants, all of which are absolutely delicious as well. Has a web based forum for questions.
- [Wild Food Adventures](#), run by John Kallas, provides expertise in wild edible plants through workshops, expeditions, presentations, outdoor guiding, and outfitting anywhere in North America. Based in Portland, Oregon. Has newsletter. Don't miss the biography of [Euell Gibbons, The Father of Modern Wild Foods](#).
- [WildHarvest.Com](#) has recipes and a plug to shop at their Earthy Delights stores in Michigan. Focuses on fiddleheads, ramps, and mushrooms.
- [Dining on the Wilds](#), by John Goude, is a site on Learning Nature through Wild Edible Plants and Ethnobotany. It is selling a book and six professional videos with views of over 300 North American wild plants. Tours are given. See table on [Wild Edible Plant Nutrition](#).
- The School of Self-Reliance has [Wild Food Foraging](#), pages intended to be an aid to learning about wild edibles. Also see [Why Eat Wild Food?](#), an expanded chapter of Christopher Nyerges' [Guide to Wild Foods](#). Gives many reasons to avoid commercial food, and to find, identify, and use

wild food.

- [Natural-list: Home](#). Richard Nadeau is a forest forager for your natural and wild foods, herbs and crafts.
- Ila Hatter's [Wildcrafting.com](#) sells videos and books on collecting plant materials in their natural habitat for food, medicine, and craft.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Books and Periodicals

- Anne Gardon's [The Wild Food Gourmet](#) has more than 100 recipes. Scroll down for a review at [Galloping Gourmets](#).
- Lifelong forager Robert Henderson has written [The Neighborhood Forager: A Guide for the Wild Food Gourmet](#).
- Wisdom Keepers, Inc. has [Native Way - The Grandmothers' Cookbook](#) all online. Also information on subscribing to a Native Cooking mailing list. Site part of a Native American web ring.
- Amazon.com has nice searching capabilities. One good one is a search on [wild edible plants](#).

[\[Ctrl-Home for Top, or Click Here\]](#)

## Foraging Theory

- Barry Sinervo teaches an animal behavior course at UCSC. One day is on Optimal Foraging Behavior. Here are [his class notes](#).
- A search on foraging at Amazon.com gets a few good ones amongst many others and out-of-print ones. Here's an extracted list of relevant [Books on "Foraging"](#).

[\[Ctrl-Home for Top, or Click Here\]](#)

## Plant Databases

- Henriette Kress, a herbalist and tour guide in Finland, wrote the first herb FAQ for the herb newsgroup. Her [Herbal Homepage](#) has a culinary herb FAQ, a plant database, and more.
- [Plants for a Future](#), in England, is a resource and information centre for edible and other useful plants. Has 7000 useful plant database. This is the US search site: [Plants For A Future - Database Search](#).
- [Fruits of Warm Climates](#) is an online book by Julia F. Morton. Organized by fruit.
- Alternative Nature Online Herbal has [The Wild Medicinal Herb Picture Gallery](#). Some are on edible wild plants.
- [Grapes, Blackberries, Strawberries, Huckleberries & Gooseberries](#) covers many berries found in

these families. Good pictures and histories on them. Part of the Wayne's World site. (Now in archive.org.)

- [FoodplantDB](#) is a SQL database created from Yanovsky, Elias. 1936. Food Plants of the North American Indians. This publication reviewed approximately 80 years of literature, back to around 1850, listing 1,112 species in 444 genera of plants among 120 families, used for food by the North American Indians. Best way to find something is to put an asterisk in and do a search.
- Robert Freedman has compiled [Famine Foods](#), a database of plants that are not normally considered as crops, but are consumed in times of famine. Listed alphabetically by family (Latin name).
- Jack Campin has a [Guide to Plant Relationships \(for allergy and intolerance identification\)](#). 222K page with long list of plant relationships.
- [Dr. Duke's Phytochemical and Ethnobotanical Databases](#) include one for ethnobotanical uses.
- The USDA [Plants Database](#) can be searched for edibles.
- [Common Weeds of No-Till Cropping Systems](#) describes perennial weeds that become more prevalent in no-tillage fields. Has some that are edible.
- U of Illinois at Urbana Champaign Weed Science has a web site with both edible and non-edible weeds mixed. No edibility info. Go to [Weed Science Society](#) and click on Plant Photos along the left. Also see the index [Intriguing World of Weeds](#) and [Take a Weed to Lunch](#).
- Virginia Tech has a [Weed identification Guide](#) of common weeds and weed seedlings found throughout Virginia and the Southeastern U.S.
- The [Cornell Poisonous Plants Page](#) is helpful for knowing what not to forage for.
- [Mark's Fruit Crops](#) is a site by a Professor of Horticulture where you'll find information on the taxonomy, history, production, medicinal and nutritional properties, general culture, and post harvest handling of over 30 of the world's major fruit crops.
- [Introduction and Domestication of Rare and Wild Fruit and Nut Trees for Desert Areas\\*](#) covers some unusual ones. Includes pictures.

[\[Ctrl-Home for Top, or Click Here\]](#)

## Mailing Lists/Forums/Archives

- The list that is the most foraging oriented is [wild-edibles](#). Active but most posts are on topic.
- There is another list on eGroups called [edibleweeds](#). It has little activity.
- [W PA Mushroom Club](#) is affiliated with the largest mushroom club in the area.
- [CIEER Discussion Forum](#). A moderated scientific forum primarily for students of ethnobotany and professionals to discuss topics related to ethnobotany.

[\[Ctrl-Home for Top, or Click Here\]](#)

**Return to: [www.PaleoDiet.com](http://www.PaleoDiet.com) for links**  
**Also see: [www.PaleoFood.com](http://www.PaleoFood.com) recipe collection**

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Send additions or comments to donwiss at panix.com [[Home](#)]

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# **www.gluten-free.org**

## **Don Wiss's Web Site Collection**

### **Link Pages:**

- [www.GFlinks.com](http://www.GFlinks.com) - **The Gluten-Free Page.** A definitive list of Net sites on celiac disease/gluten intolerance, and the gluten-free diet. It is annotated.
- [www.GFmall.com](http://www.GFmall.com) - Annotated list of all the gluten-free food vendors.
- [www.PaleoDiet.com](http://www.PaleoDiet.com) - A page of annotated links to sites for the Paleolithic Diet, also called the caveman or a hunter/gatherer diet. It is gluten and dairy free. My favorite page.
- [www.Foraging.com](http://www.Foraging.com) - A page of annotated links to sites on foraging and ethnobotony. Foraging can be done anywhere. Don't miss the sub-page on [Clams and Clamming](#) (which can't be done everywhere).
- [www.NoMilk.com](http://www.NoMilk.com) - A page of many annotated links to sites for people wishing to avoid dairy products for health or other reasons. Examples are lactose maldigestion, milk allergy, milk protein intolerance, casein intolerance, and the vegan diet.

### **Recipes:**

- [www.GFrecipes.com](http://www.GFrecipes.com) - Menu to various files on gluten-free grains that have been collected from the Net.
- [www.BigSpud.com](http://www.BigSpud.com) - Thousands of potato recipes and suggestions collected from rec.food.cooking. Organized by posted thread and grouped by cooking method. Over 2.4 MB of text.
- [www.PaleoFood.com](http://www.PaleoFood.com) - Hundreds of recipes that free of Neolithic foods. Recipes are: grain-free, bean-free, potato-free, dairy-free, and sugar-free. Ingredients used: meat, fish, fruit, vegetables, nuts, and berries.
- [No-Milk Mailing List Archives](http://www.No-Milk Mailing List Archives) - Has some dairy-free recipes.

### **Gluten related ills:**

- [Ron Hoggan Articles](#) - The table of contents to various articles written by Ron Hoggan.
- [Autistic Spectrum and Diet](#) - Collection of articles and studies on diet and the autistic spectrum.
- [Multiple Sclerosis and Diet](#) - Collection of articles and studies on diet and MS.
- [Rheumatoid Arthritis and Diet](#) - Collection of articles and studies on diet and RA.
- [Collected Net Articles of Dr. Kalle Reichelt](#) - Contains articles on the connection between Mental Disease, Autism, Schizophrenia, ADD, ADHD, Allergies, etc., and Gluten/Casein Intolerance. My first page. Now with up-to-date formatting.

### **These are common misdiagnoses for undiagnosed celiac disease:**

- [www.IBSPage.com](http://www.IBSPage.com) - A page of annotated links to many sites on Irritable Bowel Syndrome.
- [www.CandidaPage.com](http://www.CandidaPage.com) - A page of many annotated links to sites for Candida Albicans and Candidiasis.

## Other:

- My [Picture Albums](#) (many were originally up at PhotoPoint.com).
- The [Nikon Coolpix 950/990 External Flash FAQ](#) was compiled from the knowledge shared in the rec.photo.digital newsgroup.
- I now write trip journals for all my trips. All but the first written while on holiday.
  - [Nevis - 2000](#)
  - [Caribbean - 2001](#) (covers St. Lucia, St. Vincents, Bequa, Union Island, Carriacou, Grenada)
  - [London - 2001](#) (includes a day trip to Bath)
  - [Switzerland - 2001](#) (covers Zurich, Solothurn, Bern, Thun, Spiez, Interlaken, Luzern)
  - [Bermuda - 2001](#)
  - [Caribbean - 2002](#) (covers Anguilla, St. Barts, Statia, Saba, and St. Martin)
  - [Caribbean - 2003](#) (covers Dominica, Martinique, Guadeloupe, Les Saintes, Marie Galante, and Desirade)
- [Rental Bikes in the Caribbean](#) is a page at a bicycle site that is from information I compiled. Now way out-of-date. E-mail me if going regarding a specific island.
- [Listserv\(R\) List Owner FAQs](#) evolved from the mailing lists I set up.

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Send questions or comments to Don Wiss ( [donwiss at panix.com](mailto:donwiss@panix.com) )